

LIST of GAMES and ACTIVITIES

World at Play has a huge range of games and activities available to use with groups. Which of these to use will depend upon the size of the group, the age of the group, the abilities of the group, the facilities available at each location, and the opinion of local staff as to which will be most beneficial.

Here is a list of the broad types of games and activities available. It is by no means comprehensive, but rather serves as a starting-point, a basis from which activities will be developed and tailored as described above.

Some games are more suited to the outdoors than indoors, but both types can be successfully adapted to either venue, with the appropriate modifications. Be creative!

Team Sports

Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behaviour development, leadership, followership

Football

Two teams, each trying to kick a ball through the other's goal:

- Divide groups into teams of equal ability, rather than size
- Heavily penalise body contact, deliberate fouls, etc

Ultimate Frisbee

Two teams, each trying to pass a Frisbee across the other's goal line; Frisbee holder cannot move

Longball/Baseball/Rounders

a) Longball:

Bowler bowls underarm to batsman at waist height. The batsman has three chances to hit ball and can run only if he hits ball. The ball must go forward. On the third attempt batsman must run away. Batsman runs down to "Safe Zone (!)" where he can stop, or decide to run back to his team, thereby scoring a run. The fielding team must get the ball and attempt to hit the running batsman below knee height in order to get him out. If batsman decides to wait in Safe Zone A, he cannot run back until the next batsman starts to run. Batsman must return to Zone B after two more batsman have taken their turn.

Fielders cannot run with the ball!

Game continues until all batsmen are out and teams swap over. If a player is caught out the whole team is out.

b) Rounders:

Bowler bowls ball underarm to arrive at batsman below shoulder, but above knee height. Batsman strikes ball with his hand (or attempts to strike ball) and then sets off round the outside of the posts (anti-clockwise direction). Fielders must collect ball and pass to one of the four fielders on the bases. They must then pass the ball to each other (without dropping it) before running batsman gets to the 4th base. i.e. there must be four good clean catches. If batsman fails to get to 4th base before the four catches have been made he is deemed out. He is also out if any fielder catches ball without it hitting the floor first. If bowler bowls above shoulder, or below the knee it shall be called a "no ball". Two no balls in succession, one run to batting side. When all batsmen are out, the side with the highest number of runs is the winner.

c) Softball:

Same set up as for rounders. Same basic rules, fielders only throw the ball to the base the batter is running to. If the ball arrives at the base before the batter, he is out. The batter is safe once he has reached a base and may stop there, but

cannot run to the next base until the next batter runs. Three “outs” and the team swap over. Play for a set number of innings - the team with the most batters to reach base four wins.

d) Batdown:

One batter, one bowler. The rest of the group are fielders. When the batter hits the ball, he must lie his bat down on the ground facing the person who has stopped the ball. Person with the ball then bowls ball from where they stopped it and tries to hit the bat. If the ball hits the bat they become the batter - if not, carry on. Any ball caught before the ball hits the ground, then batter is out and swaps places with the catcher.

Cricket	Two teams, each bowling a ball to a batsman on the other who tries to hit it and then count points by running between wickets before the pitching team recovers the ball
Petanque/Boule/Bocce	Two teams, each trying to throw their balls closer to a smaller ball (jack/pallino) than the other
Rugby	Two teams, each trying to run a ball across the other’s goal line
Unihoc	Played exactly the same way as hockey, only using plastic sticks: -Players cannot touch the ball with their hand, or kick it -Any player lifting their bandy stick above waist height should be penalised. This is very important, to prevent other players losing their teeth -Use a ball outdoors, and the puck indoors.
Netball	Two teams, each trying to through a ball in the opposite members hoop. Players not allowed to move when they have the ball.
Volleyball	Demonstrate the 3 basic skills, i.e.: - Serving should be done from behind the back line of the court - Points are scored by a team only when it has served - Each team may only touch the ball 3 times in their court before the ball crosses over the net into the opponents half - The ball cannot be kicked - If the ball hits the net on a serve, it is out - Players should not touch the net

Team Sports - Variations

Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behaviour development, leadership, followership. Variations add different dimension to well known games; supporting a sense of fun, silliness, change and inspiring children to add to look differently at the games they all ready have.

Football	<p><i>Big Ball football</i> - Football with a ball 70cm diameter <i>Crab football</i> - children play football whilst moving around on the pitch on their all fours. <i>World Cup Doubles</i> - one goalkeeper, children in teams of two. Play a tournament. <i>Heads 'n' Volleys</i> - one goal. Team can only score through a head, or a volley.</p>
Ultimate Frisbee	<p><i>'Netball and Frisbee Mix'</i> - Teams split into groups. Have to throw frisbee/or ball into the hands of the Zone-Man. He is guarded by two players who have to stop the frisbee/ball reaching him.</p>
Rounders	<p><i>KickBall Rounders</i> - Same field, no bat, bigger ball. Same concept.</p>
Cricket	<p><i>Lightening Cricket</i> - One stump, batsman has to run from their wicket, to a wicket 15m to the left. Bowler can bowl at any time. <i>French Cricket</i> - Player stands in the middle of a circle and has to defend their legs from the ball using their bat.</p>
Petanque/Boule/Bocce	<p><i>Big Ball Petanque</i> <i>Curling</i> - Similar to petanque. However, much like ice curling. Using a big target laid out on the floor, team of children roll balls into the target to score points.</p>
Rugby	<p><i>Big Ball Rugby</i> <i>Tag Rugby</i> - Children have tags of material attached to their hips, that player cannot move/or is out when opposition remove tag.</p>

Ball Games

Skills employed: coordination, reflexes, turn-taking, sharing, cooperation, social behaviour development

Chaos Ball	Group members meander within a small area, trying to get possession of and throw a ball; when hit with a ball, group members sit down; sitting group members can get possession, pass the ball amongst themselves, and stand up when the last sitter hits a standing group member with the ball
Dodge Ball	Two teams each try to hit the other's members with a ball; those hit must stay in their opponents' "jail" until "rescued" by fellow team members
Squash	Each player playing for themselves. Have to kick a ball against a wall in turn. If player misses they get the letter 'S' - if they get S Q U A S H, they are out. Can use any type of ball, and any word.
Clumsy Player	Team stands in a circle, throwing ball (or firsbee) to each other. Person who drops has to then catch it one hand. Should person drop again, then have to go to one knee (two hands, then one knee (one hand) etc.
Volleyball	Two teams have to hit a ball over a net to the other team in three hits. (use any size ball - no smaller than a volleyball)
Bowling	Big Ball Bowling. People = pins.
Football Tennis	Layout a tennis court. Players use a big ball instead of a tennis ball, and their feet instead of raquets.
Rainbow	Two teams stand on different sides of a large object (e.g. a wall, a van) so that they can't see each other. Then each team takes it in turn to throw a ball over the object, which the second team then have to try and catch without using their hands. If the group is advanced, you don't have to give any help, they should be able to work it out themselves. This is good as an initiative exercise. If the group is less advanced, you can suggest to them that the best way is in a circle linking arms, so that the ball lands in the middle so they can trap it. This then turns into just a fun exercise.

Note: Ideally the ball should be fairly bouncy

Tag/Chase/Hide games

A variety of tag games are available. Skills Employed: Fitness, turn-taking, social behaviour development, athleticism.

Vegetable Soup

One person, the Chef, stands in the middle of a square made up of 4 corners, each corner having a little circle on it. Each corner is designated a vegetable e.g. carrot, potato, and the group are divided equally amongst the four corners. The Chef starts stirring an imaginary soup, and then at random calls one of the vegetables. All those assigned that vegetable must run into the centre of the square and start running round the Chef anti-clockwise. The Chef can call as many of the vegetable groups as he likes in. The Chef may also at any point shout 'Soup's Boiling!' at which point all those running round the Chef must continue running whilst waving their hands in the air and yelling 'Blibliblibliblibliblibliblib'. If the Chef at any point shouts 'Soup's Burning!', everyone running round him must try to escape back to their own base before he touches them. Anyone caught, joins the Chef for the next round, until everyone is caught.

Equipment needed: Something to create four small zones e.g. four small pieces of rope. A chef's hat?

Area needed: Fairly large area, preferably outside.

People Needed: Ideally has at least nine players

Variations: Any food stuff can be used for the soup e.g. in a fishing village use four fish, in a hunting village, use four types of meat, in a vegan village, use four types of nut.

Cat and Mouse Maze

All members of the group, apart from two, stand in lines, with arms outstretched to the side, touching the next person's fingertips. This square of rows should be as long as it is wide. At a given signal 'Switch!', those in the square must rotate 90degrees so that they create columns, again touching the fingertips of the new people besides them. Into this maze comes one designated Cat and one Mouse. The aim is for the Cat to catch the Mouse, by running up and down the rows of people, without breaking through any links. At any time, the person calling the Switch can do so, thereby helping or hindering the Cat.

Equipment needed: None

Area needed: Fairly large area, ideally outside

People needed: At least 11

Duck Duck Goose

The group sits in a circle while one 'Farmer' walks round them, tapping each member on the head while saying 'Duck'. At any point, the Farmer may say 'Goose', at which point, he/she must run quickly round the circle. The Goose must get up and chase the Farmer before he/she gets back to sit in the Goose's spot. If the Farmer is successful, the Goose becomes the Farmer. If the Farmer is caught before sitting down, he/she remains Farmer.

Equipment needed: None

Area needed: Fairly large sitting area
Variations: Use any other animals, or any other objects as the 'Duck' and 'Goose'. Use local languages.

Tag	Simple Tag! One person on, chase another. When touched, that person is then on
Stuck in the Mud	Lots of variations. When caught, person has to stand still. Until freed by another player
Giants, Wizards and Elves	<p>The teams are divided into two. Each group has a base at which they get into a huddle and discuss what creature they're going to be; A Giant, Wizard, or an Elf. The teams then come towards each other, stopping about a metre apart. On the count of three, each team acts out their character:</p> <p><i>Giant:</i> Arms raised, scary face, big roar <i>Wizard:</i> Pointing an imaginary wand, yelling "Kazam" <i>Elf:</i> Crouched down, saying "Mimimimimimi"</p> <p>A giant defeats an elf, an elf defeats a wizard, and a wizard defeats a giant.</p> <p>If your character is defeated, you have to escape back to the base before the other group catches you. Any of the group caught, go to the other team. If your character is a winner, you have to chase the other team. If your character is the same as the other team's, you merely say 'hello' and start again. The game ends when everyone is on one team.</p> <p><i>Equipment needed:</i> None <i>Area needed:</i> Large area <i>Variations:</i> Use Cowboy's, Indians and Sheriffs</p>
Mob-Mob	One person on. Everyone hides, then have to make it back to the 'mobbing post', defended by the person is on.
Sardines	One person goes and hides. After a time, everyone else splits up to find him/her. When found, everyone hides with the person. The last to do so loses
Fox 'n' Hounds	Two teams. One team = foxes, one team = hounds. Foxes run, hounds have to chase and find the foxes (similar to 'It's the FUZZ' - however, in this game you use tags.
Fox, Rabbit and Hole	Hound chases the fox. Fox is safe when he is in a hole (hole = two people linking arms looking at each other. When a fox enters the hole, one of the people in the hole become the fox. Hound chases this fox.
Rats 'n' Rabbits	Two groups lie on the floor facing each other. One team are rabbits, the other rats. When instructor shouts 'RATS', they chase the rabbits. Vice Versa.
Handkerchief Thief	One person in the middle holding a handkerchief. Groups leave their base to steal the handkerchief. The person unsuccessful has to catch the person with the handkerchief.
Capture the Flag	Two teams each try to cross into the other's "territory," get possession of a flag or other object, and return to their

territory without being tagged; those tagged must stay in their opponents' "jail" until "rescued" by fellow team Members

Monster Stop/Go

Like "what's the time mister wolf" when the monster wakes up the kids have to freeze. Anyone seen moving goes back to the beginning. First to make it all the way to the monster wins. Only point to it is having a big ugly person to be the monster so they scare the kids!

Parachute Games

Skills Employed: social behavior, cooperation, sharing, athleticism, imagination and sense of humour.

Mushroom

This is not so much a game, more an essential starting point for parachute play. Get everyone to spread out the parachute and hold the edge, spaced out more or less evenly so they're standing in a circle. Pull the chute taut and lower it to the ground (or knee level). On the magic word (e.g. Mushroom!) everyone pulls the chute upwards (don't let go). It will fill with air and rise up like a giant mushroom - or igloo. To get it as high as possible everyone must take a couple of paces towards the centre as the chute rises. It's good to practice this so that the group can learn to work effectively as a team and get the chute really high. It won't work without co-operation.

Variations on Mushroom

Everyone mushrooms and then runs to the centre, still holding the chute.

Everyone mushrooms, then lets go, especially outdoors on a windy day!

Everyone pulls the mushroom over their heads, and puts it under their bottoms. They are now encapsulated in the parachute!

Rollerball

Everyone holds the chute taut. Place a large ball near the edge. Try to make the ball roll around the edge of the chute. To do this someone starts the ball rolling. As it comes towards you, you lower the edge you are holding, and as it goes past you raise your edge. When all the players do this in synchronisation it creates a wave going round the edge, pushing the ball round in front of it in a smooth, steady circle. It can not be done without concentration and co-operation! However, it is very rewarding for the group to eventually achieve a smooth, continuous motion. Once you've done this try speeding up - or change direction.

Big Turtle

Have the children get on their hands and knees under a large "turtle shell" and try to make the turtle move in one direction. As a cooperative game, children have to work together to get the turtle to move. Variation: Have the turtle go over a hill or bench or through an obstacle course without losing the shell.

Jaws v David Hasselhoff

Everyone sits on the floor in a circle holding the parachute stretched out with his or her legs underneath it. The chute is the sea and they are sitting on the beach, happily dipping their toes in the water. By shaking the edge of the chute realistic ripple or wave effects can be generated. Once the waves are going well someone is selected to be a shark and disappears under the chute. They move around underneath and because of the waves it will be difficult to see where they are. The shark chooses a victim and grabs him or her by the feet. The victim can give an appropriate scream before disappearing under the chute. This person now becomes a new shark. It is then good to introduce a

	lifeguard, who when seeing a person being pulled in, tries to save the person, by pulling them back out.
See-Saw Pull	From a sitting position, have the children pull the chute back and forth in a see-sawing motion.
Make Waves	While gripping the parachute, everyone moves their arms up and down to make small and large waves.
Ball Roll	Have the children try to roll balls into the hole in the centre of the parachute. This can be made into a game by using two balls, and having two teams. One team has to get their ball into the hole before the other team.
Parachute Tag	Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.
One Hand Run	Have each child hold the parachute with one hand, extending the opposite arm out for balance. Run around in one direction, then change and run around in the other direction. A variation would be to use music as the cue for changing direction (i.e. direction can be changed every time the music stops).
Parachute Run	Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can maneuver on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).
Popcorn	Place a number of beanbags on the chute. Shake the chute to make them rise like popcorn. If someone catches a popcorn, they win.
Poison Snake	Place four to six pieces of yarn on the chute. By shaking the chute, try to make them hit the players on the other side.
Merry go Round	Turn the body so that the chute is held with only one hand, walk, hop, jump, skip around holding the chute. It looks like a merry-go-round.
W A V E	Where one person puts hands up and person next to her follows action. (like the wave at a baseball game)
Cat and mouse	One child - the mouse - is under the chute, everyone is shaking it - quite close to the ground and another child (shoes off) crawls on top and tries to hunt and tag the mouse.
Running by Numbers	If the chute is a large one...the kids love to run underneath and switch places with others - could number them 1 through 5 around the circle- and then call out a number. (Lots of screams for this one.)

Cognitive (“Initiative Exercises”)

Skills employed: hand-eye coordination, discrimination between information, cognitive abstraction, innovation, turn-taking, sharing, cooperation, social behaviour development

Initiative Exercises can be used to achieve an enormous variety of aims. They can also be played purely for fun. As with all sessions, group ability and the aims you are trying to achieve will determine which exercises you do. Make sure they are appropriate.

Initiative Exercises offer great opportunity for learning. It is up to the instructor how formal this is - it can range from a group discussion at the end of each exercise to constructive comments as the exercise progresses.

- Aims:**
- to break down inhibitions and encourage group bonding
 - to encourage teamwork and co-operation
 - to improve communication skills
 - to encourage people to think about their actions
 - to help groups think about and solve problems
 - to develop leadership
 - to have fun!

- Benefits:**
- all of the above
 - can be played anywhere, with anyone

Preparation:

- 1) Choose appropriate exercises!
- 2) Plan more exercises than you think you will need.
- 3) Start with Icebreakers, then move to progressively harder ones. Alternate physical challenges with mental ones, fast ones with slow, etc.
- 4) Finish with a fun, achievable exercise.

Running The Session:

- 1) Explain briefly what the session will involve.
- 2) Explain very clearly exactly what you want the group to do for each exercise. Make sure everyone understands.
- 3) If an exercise isn't working, don't be afraid to stop it or change it or carefully aid the group.
- 4) Keep things moving, with everyone involved.

Conclusion:

- 1) Finish on a high note - last impressions are important.

Icebreakers

- 1) ROUNABOUT
Equipment: Ball
Brief: Group stands in large circle. Throw ball or other soft object around the circle from person to person. Each person says own

name as they throw the ball. See how fast ball can go round whole circle. Then throw ball across the circle, this time saying name of person you are throwing it to. If they catch it and you get their name right, you sit down, until only one person left standing.

- 2) HUMAN KNOT
Brief: Stand the group in a circle, shoulder to shoulder. Place right hand into circle and grasp another person's right hand. Do the same with the left hand, but do not take hand of same person as before. Without letting hands go, unravel the knot until group is in a circle again. Alternatively, one person lets go creating two ends from which to unravel the knot.
- 3) RING OF PANTS
Brief: Stand the group in a tight circle, one behind the other, left shoulders facing inwards. On command, everyone sits down onto left knee of person behind them. Totally self-supporting, if done right!
- 4) CRATE STACK
Equipment: milk crates (or alternatives), one for every 4/5 people
Brief: The whole group must stand on the crates with everyone off the ground for 10 seconds. If too easy, remove 1 crate. Or, see how many people can get off the ground for 10 seconds, only using one crate.
- 5) BLIND LEADING THE BLIND
Equipment: 1 rope, blindfolds
Brief: Arrange group in a line, each person about 4 feet apart, each holding onto rope in right hand. Blindfold group, then lead them round the seafront area. Penalty for anyone who lets go of the rope.
- 6) BLIND AS A BAT
Equipment: Blindfolds
Brief: Blindfold group. Give each person the name of an animal, so that only they know. Have only 3 - 4 animals for whole group. On command, people have to get in groups of the same animal, by making appropriate animal noise (baa, moo, woof woof, etc.). No other communication allowed.
- 7) CRATE RELAY
Equipment: 3 milk crates per team
Brief: To get the whole team from one place to another, without anyone touching the ground.

Quieter Exercises

- 1) SHOE SHUCKING
Equipment: plastic basin half full of water
Brief: Split group into 5/6. Each team lays on their backs in a circle with their legs in the air so that all their feet are touching in the middle. Place the bowl of water on top of their feet. The group have to then remove their shoes and socks one by one without spilling the water, until the bowl is supported by everyone's bare feet.

- 2) BARREL LIFT
 Equipment: Water barrel 1/3 full of water, 2 ropes, coat-hanger
 Brief: Place the barrel in the middle of a roped-off square (about 15-20 foot sides). Using only the rope and the coat-hanger, group have to lift (not roll) the barrel out of the square. No person or piece of equipment may touch the ground inside the square.
- 3) EGG DROP
 Equipment: 1 egg, 1 pair scissors, 1 sheet card, 2 sheets A3 paper, 2 sheets A4 paper, 2m string, 4 rubber bands, 6 paper clips, sellotape.
 Brief: Divide the group into teams of 3/4. Teams have to design a device so that when egg is dropped from balcony outside Resource Centre, it does not crack or break. (Egg must be dropped not lowered).
 It is a good idea for the instructor to dispense the sellotape. Give prize for the winning team.

More Active Exercises:

- 1) NETT VOLLEYBALL
 Equipment: 2 nets or bedsheets, volleyball
 Brief: Each team holds a net. The ball is shot from one team to another by tensioning the net. Each team must “throw” the ball from wherever they catch it. If the other team fails to catch the ball, the throwing team get to throw the ball again from where the ball landed. The first team to throw the ball past the other team’s end of the field wins. Alternatively, play on a normal volleyball court, with normal rules (1 point if your team serves and the other team fail to catch it). Alternatively, use a water filled balloon - remember to clear up burst balloons!
- 2) SPIDERS WEB
 Equipment: 2 ropes
 Location: between 2 trees
 Brief: tie two ropes horizontally between two of the trees, one rope 50cm above the ground, one rope 2m above the ground. Then tie the ropes diagonally between the trees to form a spiders web. The whole group must get from one side of the web to the other
 - without touching the web, (if they do, spider eats them)
 - can only use the same hole 3 times
 - can touch the web but can only use each hole once
 The difficulty obviously depends on the shape and spacing of the holes.
- 3) JAILBREAK
 Equipment: 1 rope, 2 planks (skis)
 Location: Between two trees
 Brief: tie the rope horizontally 2m above the ground between two of the trees. Using only the planks whole team has to get over the electric fence without touching it, or the trees. Once over the fence, team members cannot cross back to the other side. Height of rope obviously depends on the size and abilities of the group.
- 4) CHAIR REMOVAL
Rules: A huge circle is made of chairs, with one chair for each member of the group. Everyone sits on their chair sideways, and leans back on the legs of the person behind. Most of their weight should be on the person behind. The instructor then removes all of the chairs from beneath the group, leaving a self-supporting

structure. If it is stable, games can be played with the structure e.g. passing a ball, singing a song, walking (?)

Notes: This game can be played with huge numbers so is good for a whole group.

5) MAGIC CIRCLE

Rules: A mini version of the barrel lift, the group has to work together to lift a cup out of a small circle using an elastic band, string, sticky tape and a pair of scissors.

Notes: No running with scissors. Hold scissors by the metal part. Beware of the scissors!

6) ROBBY THE ROBOT

Rules: One person is blindfolded, one person can't talk, and the third person has no disadvantage. The person who can't talk is given a certain instruction such as "pick up the ball and then dance the Macarena". This person who can't talk now has to make the blindfolded person act out this action, but because he can't talk and the other can't see there is a third person involved who has to decipher the dumb person's actions and make the blind person act out the required instructions. To standardise the game, have the blindfolded person standing in one position, then the person with no disadvantages standing or sitting say four metres away, and the person who can't speak stood in between them but facing the person with no disadvantages. i.e. if the person who is blindfolded is A, the person who can't speak is B, and the person with no disadvantage is called C, then they should be in this position A 2m B 2m C.

7) RACHETA RACHETA FUC!

This is a Romanian game: basically everyone puts their right foot in the middle then one person shouts "racheta racheta foc!" (it translates to rocket rocket fire!). When this person shouts fire! everyone jumps back and tries to get out of the way. It is now the person who shouted's turn. This person now has to, in one movement, try and stand on someone's foot. If he or she achieves this, then that person (the one who's foot was stood on) is out. The person who just went then chooses who goes next, and that person then has to try and stand on someone's foot. When there are only two people left then you have a face-off final: both contestants fold their arms and hop on one foot. They bump into each other and the first person to put the other foot down on the ground loses. The person that won can now start the next game.

8) Water balloon catching and flicking

An instructor is at a height, say a balcony, and the team are below with a blanket. The instructor throws water balloons off the height and the team have to try catching the balloons and cushioning their fall so they don't burst. Those that remain intact should then be flung back up to the instructor. The instructor can make it harder by throwing them further, then the team have to run together to get there in time.

Play 'BIG' Games

Skills employed: coordination, reflexes, turn-taking, cooperation, social behaviour development

Indoor Olympics:

A good indoor fun session based around a theme. The session involves duplicating as many Olympic events as possible, adapted to an indoor venue. Using unusual objects as equipment means the naturally un-athletic have a chance too!.

- Aims:**
- to provide an interesting indoor games session
 - to involve as many people as possible
 - to have fun

- Benefits:**
- good exercise
 - can be enjoyed by virtually any group
 - promotes teamwork and co-operation
 - provides opportunity for those not normally good at sports to succeed
 - competitive, but in a fun way

Preparation:

EQUIPMENT REQUIRED: Mini Olympics holdall and any other sporting equipment
A lot of preparation is required for this event. Make sure you think through each activity, and have the equipment required to do it

Teaching:

INTRODUCTION

- 1) Divide the group into a number of "teams" - such as 'tigers', 'lions' etc. (avoid countries).
- 2) Start the games with the proper opening ceremony, including music, lighting the Olympic flame, etc. Each country make their own flag and march around the stadium. Be creative!

The Events:

Some examples (add your own):

- 1) *Javelin* - foam javelin
- 2) *Discus* - foam discuss
- 3) *Hammer Throw* - foam hammer
- 4) *Shot put* - foam shot-put
- 5) *20m Hop* - either hop on one foot or tie both ankles together
- 6) *4 x 20m Hop Relay* - use batons
- 7) *Hop Hurdles* - construct hurdles from old bandy stick handles across two chairs / blocks, etc.
- 8) *Standing High Jump*

- 9) *Standing Long Jump*
- 10) *Standing Triple Jump*
- 11) *Show Jumping* - "Horse" carries "Rider" around course of different jumps - timed event
- 12) *Hockey* - uni-hoc
- 13) *Soccer*
- 14) *Any Other sport!* (be creative... anything could be an olympic sport!)

Conclusion:

- 1) Finish the games with an award ceremony, presenting medals for first, second and third.
- 2) Have a closing ceremony, including carrying out the Olympic flame.

Wide Games

Treasure Hunt Type

Rules: Group, or groups, must rotate from station to station, completing a task at each one. Each time they complete a task (e.g. an initiative exercise) they get a piece of a map, which will eventually lead them to a final destination. Or they could get clues that they have to piece together at the end to reveal the 'answer'.

Notes: This activity is very site/ group specific, and must be catered accordingly. Could include an orienteering section.

Equipment needed: Equipment for different stations.

Message Delivery

Rules: Group is split into two teams with one team responsible for carrying snippets of a message from point A to B (manned by instructors). The second team patrol a defined area and attempt to tag members of the opposite team. If tagged, the first team must give up their word to the person that tagged them. The second team try to work out the message before the other team by constantly trying to tag them to get their words. Instructors are responsible for handing out snippets of the message and for assembling the message at points A and B respectively.

Notes: The game can be run with a Police vs Cops theme whereby the message reveals the location of loot.

Manhunt

Rules: Similar to the Treasure Hunt Type, a game can include an orienteering element which will lead groups to the location of a fugitive/casualty.

Sardines

Rules: One person hides while the rest of the group have to find them (often searching in pairs). Once they are found, those people have to hide with them in the same hiding place. The game ends when the last person finds the hiding place with everyone there!

Notes: Can be played both inside and outside. It is often played with a time-limit to avoid those that are searching getting bored!

Capture the Flag

Rules: Two teams have to search for each other's base. On finding the other teams base, they must seize the flag and return it to their own base. Every one has piece of cloth coming out of their trousers, which the opposition must attempt to grab. If you lose your cloth, you must return to your own base to get another before you can continue. The first team to seize the flag is the winner.

Notes: Potential additional rules. 1) Neither team knows where their own base is. 2) There is more than one 'flag'- the team that gets most is the winner, within a time limit. 3) Members have more than one life at a time.

It's the Fuzz

Rules: Instructors hide several bits of 'loot' around the area. One team is the police, one team are dangerous criminals. The dangerous criminals have to find the loot and return it to their base, the police have to capture the dangerous criminals. The dangerous criminals have two lives.

Drama & Circle Games:

Skills employed: cognitive abstraction, innovation, turn-taking, sharing, cooperation, social behaviour development

Wink Murder

The group sits in a circle. The 'detective' sits in the centre of the circle and must determine who the 'murderer' is. The murderer is killing people by winking at them, causing overly dramatic deaths. The roles of detective and murderer can be decided at random (through choosing cards) or through choice (instructor taps participants on the head). The detective has a limited number of guesses to get the murderer, while the murderer is trying to kill everyone else off.

Equipment needed: None

Area needed: Small area with clean sitting space

Variations: Include 'Mother' to bring the dead back to life through blowing kisses at them.

Party Quirks

The 'host' of a party leaves the room while the 'guests' are given quirks to act out. When the host returns, he/she must try and guess the guests quirks from their behaviour.

Equipment needed: None

Notes: When faced with language barrier, these quirks should be as non-verbal as possible, e.g. animals or various sports-people.

The Boss

The group sits in a circle, with the 'detective' in the middle. The group is clapping, snapping, or performing some other rhythmic activity, regularly changing action. The detective must try and work out who is initiating these changes, i.e. who is the predetermined 'Boss'

Equipment needed: None

Area needed: Small area with clean sitting space

Haha

The group lies in a line, with each persons head on the previous persons stomach i.e. head of person no.2 on stomach of person no.1, head of person no.3 on stomach of person no.2 etc. Person no.1 starts chain of Ha's with a single 'Ha'. Person no. 2 then says 'Haha'. Person three; 'Hahaha'. And so on, until you've reached the last person. The command is then sent back, with each person saying one less 'Ha'

Equipment needed: None

Area needed: Small area with clean lying space

Notes: This game is intended to make group laugh out loud. It can work very well, or it can work badly. Use primarily with groups inclined to giggle.

Musical Statues

Group must wander/skip/dance/roll around the area, until the 'statue master' shouts 'Stop'. At this point, they must freeze, anyone who doesn't freeze quickly enough is out.

Equipment needed: None

Baja

Game from the Balkans. Everybody stands in a circle, one person goes in the middle. The person in the middle walks around the circle just in front of those standing still. With the hand closest to the circle he puts it so the side of his eyes thus blocking his peripheral vision of the people in the

circle to his side. His other arm he puts under the one blocking his eyes and holds his hand out in the air. As he walks around the circle, someone either to his side or just behind him taps his free hand. The person then has to turn round and guess who tapped him. If he guesses correctly then he changes places with the person who touched him. If he guesses wrong then he continues round the circle to try again.

Crazy Director

Some members of the group perform a scene of some sort. The 'director' then instructs them to perform the same scene in various other styles e.g. farm animals, kung-fu, hip hop

Equipment needed: Maybe some props

Notes: When faced with language barrier, these scenes and directions should be as non-verbal as possible. Keep it simple, stupid. It might also be wise to have small groups.

Blindfolded Pictionary

One person is blindfolded and they must draw something out for the rest of the group to guess. This can be anything, depending on group, e.g. a sport of some sort, a film, an object, a country, a type of food.

Equipment needed: Something large to draw on. Something to draw with. Blindfold.

Cowboy Bang Bang

Group sits in a circle. Instructor points at two people, those two must fake shoot each other with their fingers, shouting 'Bang'. First to shoot stays in, other is out. Keep going until one winner left.

Equipment needed: None

Area needed: Small area with clean sitting space

Notes: For groups where use of fake guns is deemed inappropriate, call the game 'Wizard Kazam' and use fake wands instead, shouting 'Kazam'.

Situations

One person leaves the room, while the rest of the group decides on a non-verbal situation that they will act out. When the person returns, he/she must work out what situation is being acted out, e.g. washing an elephant, building a car, crossing a rickety bridge, tandem skydiving.

Tap Tap Game

Group sits in circle on the floor with hands in front of them. Each group member places right hand to the right of the left hand of the person to their right. Someone begins by sending a tap round the circle, with each person tapping the appropriate hand in turn. If someone taps their hand twice, the tapping is reversed. If someone taps their hand three times, the order continues in the same way, but skips one hand. Whenever someone messes up a command, or is too slow, that hand is out, until eventually you have one winner.

Equipment needed: None

Area needed: Small area with clean sitting space

Yee-Hah

Group sits in a circle, while a 'Yeehah', with appropriate cowboy action, is sent round the circle. 'Hoe Down', with appropriate cowboy action, reverses the direction of the command. 'Hay Barn', with a.c.a, skips one person. 'Lasso', with a.c.a, can be aimed at anyone, the yeehah then continues in the same direction. 'Ride 'em cowboys', with a.c.a, can be called at any time, the first person to join in must continue the yeehah command. 'Gunfight' can be called by shouting 'gunfight' and pointing at two people who must shoot each other. The first to shoot continues the command. The game continues until it is stopped. You can play competitively if necessary

Equipment needed: None

Area needed: Small area with clean sitting space

Notes: The rules should be added slowly. Make sure everyone understand first rule before adding new one

We Will Rock You

Group sits in a circle. Each member comes up with a non-verbal sign for themselves e.g. saluting, waving, hands on eyes, scratching head etc. The group then begins to keep a rhythm, similar to that used in the classic Queen song 'We will rock you', tapping their knees twice, then their hands together. Before anyone gets too far into the lyrics, someone sends a command from themselves to someone else. This is done by replacing the clapping of their hands with their own sign, then replacing the next clapping of hands with someone else's sign. That next person must then do their own sign, followed by someone else's sign. And so on. You cannot send a sign back to the person that's just sent it you.

Equipment needed: None

Area needed: Small area with clean sitting space

Cowboys, Indians & Sheriffs

Cowboys, Indians and Sheriffs as alternatives to Giants wizards, elves. The key thing about this variant is you don't have to have a large space, just anywhere the two teams can't see each other eg around a corner, by a doorway, behind a blanket.

Educational

Skills employed: cognitive abstraction, activity-specific skills

First Aid First-aid-qualified expedition members can teach the basics of first aid (treatment of cuts and burns, sling-making, dealing with an unconscious casualty, calling for help)

International Dances Inuit snowshoe dance, South African Gumboot Dance, etc.

Orienteering

Orienteering is enjoyable if you can do it, and if we are able to set it up with our hosts!

Aims:

- to teach people basic map-reading skills
- to provide both an intellectual and a physical challenge
- to have fun!

Benefits:

- good exercise
- exercises the brain as well as the body
- does not necessarily favour the physically fit

Preparation:

EQUIPMENT REQUIRED: controls set-up and maps drawn by Play team. pencils, map and watch for each team.

Teaching:

INTRODUCTION

- 1) Introduce yourself and find out their names.
- 2) Explain what orienteering is - find a number of controls as quickly as possible, using the map as a guide. Be enthusiastic!

INTRODUCING ORIENTEERING

Here are some ideas to lead up to using printed maps.

- 1) Issue the groups with paper and pencils. Discuss what maps represent, i.e. birds eye view. Ask group to draw their own maps of room / objects on table / seafront area. This is useful to introduce what is represented on maps and what isn't. Also legends and symbols to represent the difference between walls / roads / buildings and scale.
 - 2) These maps can then be used. Given each person / pair an object to hide somewhere on their map. They could also write a description of the route to object. When they return, swap maps and then try to retrieve the items. Discuss what makes a good map.
 - 3) Get the group to walk what they think is 100m. Measure it and correct them. This helps the group to gauge distance on the ground and distance on the map.
- 1) Hand out the maps.

Explain - how to orientate the map

-
what the symbols on the map mean

Ask each person to identify a feature on the map. Give the group plenty of time to become familiar with the maps.

- 2) It is a good idea to go for a short walk around the seafront area with the group, practising orientating the map. Get people used to estimating or pacing distances
- 3) Explain what the controls look like.
- 4) Explain what you want the group to do when they find a control. (Controls should be left as they are found). If necessary, go with the group to a close control and demonstrate.
- 5) Inform the group of potential danger areas
- 6) The group should be warned against running up and down steps, particularly when they are wet.

RUNNING THE SESSION

- 1) Divide the group into pairs, where appropriate.
- 2) Explain where the start and finish is.
- 3) Set the group a time limit that they have to be back by.
- 4) If appropriate, accompany the pairs.
- 5) Set the pairs off at 1 minute intervals, keeping a record of what time they go out.
- 6) When they come in, check their answers.
- 7) Depending on their success, send them off again on a slightly harder course.
- 8) A good way to ensure maximum participation and understanding is to send the pairs / individuals / groups off to find say 2 or 3 controls and then return to you. You then check that they are correct and then set them 5 or 6 controls, again returning to you. This uses the time effectively and ensures that everyone gains some success.
- 9) Keep a record of their times, encourage them by offering prizes.
- 10) Ensure that they use the time usefully, not spending two hours wandering aimlessly around the campus.
- 11) It is better to bring everyone back together after half an hour to talk over any problems than have people struggle unsuccessfully and lose interest.