

# Game and Activity Ideas

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## Danish Longball

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• Hoops</li><li>• 1 purple softball</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use cones to mark out a playing space</li><li>• A 'safe zone' is marked cross both ends of the playing area</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Throwing target practice</li><li>• Hitting technique</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Players are divided into two teams; one team starts as the batting team and the other as the fielding team</li><li>• The bowler must underarm throw the ball to the first batter</li><li>• The batter hits the ball with their hand and attempts to run to the safe zone without being hit with the ball</li><li>• The fielders cannot move whilst holding the ball and can only get batters out by tagging them with the ball or throwing it at them below their hips</li><li>• A batter scores 1 point if they reach the 'safe zone' opposite and 2 points if they return to their batting 'safe zone'</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Add Hula Hoops to the playing area – if a runner places one foot in the hoop whilst travelling to the safe zones they can earn extra points</li></ul>

## Dodgeball

EQUIPMENT	<ul style="list-style-type: none"> <li>• Benches</li> <li>• Soft Dodgeballs</li> <li>• Cones</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Place a middle line of cones or spots through the playing area.</li> <li>• Set up two benches. One at the end of each teams zone.</li> <li>• Place soft dodgeballs down the middle line. Suggested 5 -7 balls</li> <li>• Divide the students into 2 equal teams.</li> <li>• All players must start with one foot touching the bench</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing target practice</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Each team is aiming to get all the opposing team out by throwing soft dodgeballs at them below their hips</li> <li>• Players must not cross the middle line unless they have been hit</li> <li>• Players that have been hit must cross the middle line and stand in prison (opposing bench)</li> <li>• To get freed from a bench, a teammate must throw a ball to them (without bouncing) and catch it</li> <li>• A catch allows them to walk safely back to their zone</li> <li>• The team to get all the opposing players stood on their prison are the winners!</li> </ul>
ROUNDS & ADAPTATIONS	<p>Easier</p> <ul style="list-style-type: none"> <li>• Move the benches closer to the middle.</li> <li>• Allow balls to bounce once before catching</li> </ul> <p>Harder</p> <ul style="list-style-type: none"> <li>• Move the benches further away from the middle</li> <li>• Introduce a throwing line further back for specific students.</li> </ul> <p><b>Adaptations:</b></p> <ul style="list-style-type: none"> <li>• Add in a target on the wall. If the target is hit by a team, they save the whole team.</li> <li>• Add a 'golden ball', if this ball is thrown to a player in 'prison' and it is caught, everyone from that team is released and can return to their zone</li> <li>• Players can be caught out by the opposing team</li> </ul>

## Benchball

EQUIPMENT	<ul style="list-style-type: none"><li>• Cones</li><li>• Ball</li><li>• Bibs</li><li>• 2 Benches</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• It should be non-contact</li><li>• Players cannot knock or grab the ball from other players</li><li>• Use a large open space</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Throwing target practice</li><li>• Catching skills</li><li>• Movement around the court</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Split players into two teams, giving one team bibs</li><li>• Use rock, paper, scissors to decide which team goes first</li><li>• One player from each team stands on the opposition's bench (or goal line)</li><li>• Both teams must pass the ball to their team player standing on the bench</li><li>• The ball must be caught on the bench to score</li><li>• Players who throw a caught ball, joins the bench</li><li>• First team to get all their player on the goal line wins!</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• Ball must be passed to all team members / a specific number of times before scoring</li></ul>

## Capture the Flag

EQUIPMENT	<ul style="list-style-type: none"> <li>• Bibs</li> <li>• Cones</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Divide the group into two teams, one team in bibs</li> <li>• Using the cones, mark a middle line in the playing area,</li> <li>• Set up a jail area</li> <li>• Determine a separate hiding spot for each flag on each side</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Speed and agility</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players must sneak across the middle line into "enemy territory," find the opposing team's flag, and return it safely to their side without being caught</li> <li>• When players are tagged on other team's side, they are brought to the enemy's jail</li> <li>• To be freed from jail, a player must be high fived by a member of the same team</li> <li>• Players who are freed from jail must return to their own side before attempting to cross back into enemy territory</li> <li>• players must stay back from the flag and jail by 5 meters</li> <li>• Once a player steals the other team's flag and safely returns it across the middle line, that round is over</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• Add more flags</li> <li>• Add 'safe zones' where players can run and stand in on the oppositions side and not get tagged</li> </ul>

## Ultimate Frisbee

EQUIPMENT	<ul style="list-style-type: none"><li>• 1 Frisbee</li><li>• Cones</li><li>• Bibs</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use cones to mark out a playing space</li><li>• No contact allowed</li><li>• Encourage players to always look where they're going when</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Variations of frisbee throwing practice</li><li>• Catching the frisbee</li><li>• Movement on the pitch</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Create two teams and give one team bibs to wear</li><li>• Decide who starts with the Frisbee in their end zone by playing Rock, Paper, Scissors</li><li>• Players must throw the Frisbee to each other and try and get it in to the other team's end zone to score a goal</li><li>• Players cannot run when holding the Frisbee</li><li>• When a goal is scored the conceding team begins with the Frisbee</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• The frisbee must be passed to all team members / a specific number of times before scoring</li></ul>

## Gaga Ball

EQUIPMENT	<ul style="list-style-type: none"><li>• 1x medium, soft ball</li></ul>
SET UP AND SAFETY	<ul style="list-style-type: none"><li>• Use cones to lay out a safe area to play in</li><li>• Players must always stay on their feet</li><li>• A gaga ball is not allowed to bounce</li></ul>
WARM UP	<ul style="list-style-type: none"><li>• Please choose an activity from the separate 'Warm ups' document</li></ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"><li>• Target practice whilst striking the ball with an open fist</li></ul>
HOW TO PLAY	<ul style="list-style-type: none"><li>• Any player can roll or strike the gaga ball against another players' legs or feet</li><li>• Every player must place one hand behind their back whilst playing</li><li>• If a player is struck by a ball, they must go to the side of the area</li></ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"><li>• If the leader shouts "jailbreak", every player is allowed to return to the game</li></ul>

## Camouflage

EQUIPMENT	<ul style="list-style-type: none"> <li>Large objects for players to hide behind (Gymnastics mats, benches, signs, equipment bags etc.)</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>Set boundaries for how far players can go and hide</li> <li>Ensure objects are sturdy</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>Agility</li> <li>Speed</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>All players must stand behind the 'start line' with the leader</li> <li>The game is begun by a leader shouting "camouflage" and counts down from 20 out loud with their eyes closed</li> <li>Players must scatter and hide</li> <li>When the count is over, the leader begins looking around from where they are stood</li> <li>If the leader recognizes anyone not completely hidden, they call out the name and location of the camper</li> <li>Once the leader can no longer identify anyone, they call out "camouflage" and now counts down from 15</li> <li>Players now have 15 seconds to high-five the leader and hide in a different location</li> <li>Continue decreasing the time limit by five seconds</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>Increase/ decrease the time limit</li> <li>If the leader correctly identifies players, then the player is out, if not, the player does not have to reveal their true identity, and is still in play</li> </ul>



## Softball

EQUIPMENT	<ul style="list-style-type: none"> <li>• Cones, softball bat, tennis ball, batting tee</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Group is split into two teams, fielders and batters</li> <li>• The playing field made up of first, second, third base and home plate forming a diamond shape (approximately 12 to 18m between bases)</li> <li>• A bowling square is set up within the centre of the diamond, in line with the home plate</li> <li>• Remind batters must drop, not throw, the bat on the ground after hitting the ball</li> <li>• Catchers and umpires must stand a safe distance behind home plate</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing and catching basics</li> <li>• Fielding ground balls</li> <li>• Fielding fly balls</li> <li>• Pitching</li> <li>• Batting technique</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• The batter stands on the home bases and the bowler stands in the bowling square to pitch</li> <li>• The bowler pitches the ball to the batter using an underarm throw</li> <li>• The batting team earns a run when a player runs to all the bases, in one run or multiple and after hitting it, without getting called out</li> <li>• Batters can stay at any base but must not be overtaken by other runners</li> <li>• A batter can be called out if their ball is caught, there is 3 strikes, the fielders tag one of the bases before they reach it or they are tug with the ball in hand</li> <li>• The ball must be hit between the 1<sup>st</sup> and 3<sup>rd</sup> bases</li> <li>• The sides switch when every player has batted once or when 3 players of the batting team have been called out</li> <li>• The team with the most runs, wins!</li> </ul>
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> <li>• <b>Easier</b> <ul style="list-style-type: none"> <li>- Move bases closer</li> <li>- Increase the number</li> <li>- A tee can be used instead of a bowler to allow players to have more success in hitting the ball</li> <li>- Introduce a larger sized ball</li> <li>- A bat with a bigger surface area can be introduced</li> </ul> </li> <li>• <b>Harder</b> <ul style="list-style-type: none"> <li>- Move bases further apart</li> </ul> </li> </ul>

## Rounders

EQUIPMENT	<ul style="list-style-type: none"> <li>• Cones</li> <li>• Bat</li> <li>• Ball</li> </ul>
SET UP AND SAFETY	<ul style="list-style-type: none"> <li>• Fielders must move out of the way of running players</li> <li>• The throwing team must stand in a line behind the hula hoop</li> <li>• Split the players into two teams, the batters and fielders</li> <li>• Use the cones as the rounders posts</li> </ul>
WARM UP	<ul style="list-style-type: none"> <li>• Please choose an activity from the separate 'Warm ups' document</li> </ul>
SKILLS AND DRILLS	<ul style="list-style-type: none"> <li>• Throwing and catching basics</li> <li>• Fielding ground balls</li> <li>• Fielding fly balls</li> <li>• Bowling</li> <li>• Batting technique</li> </ul>
HOW TO PLAY	<ul style="list-style-type: none"> <li>• Players take it in turns to hit the ball, which is bowled towards them, with their bat</li> <li>• The batter then runs around as many bases as possible before the fielders touch the post where the batter is heading for or is returned back to the bowler</li> <li>• In one hit, half a rounder is awarded when the batter runs to second or third base and a full rounder when they run to fourth base</li> <li>• A batter is out if their ball is caught or the cone the batter is running to is stumped</li> <li>• Swap the teams once everyone has had a turn at batting</li> </ul>
ROUNDS & ADAPTATIONS	<p><b>Bean Bag Rounders</b>  <i>Equipment: cones, 3 beanbags</i></p> <ul style="list-style-type: none"> <li>• The throwing team take it in turns to throw bean bags</li> <li>• Fielders cannot move until the third bean bag is thrown</li> <li>• Players must run around all bases before the other team put all bags into the hoop</li> <li>• Swap the teams once everyone has had a turn at throwing</li> </ul> <p><b>Kick Rounders</b>  <i>Equipment: cones, football</i></p> <ul style="list-style-type: none"> <li>• The bowler rolls the football either by hand or foot</li> <li>• The kicking team must take it in turns to kick the football</li> <li>• Players must run around all bases before the bowler regains possession of the ball</li> <li>• Swap the teams once everyone has had a turn at kicking</li> </ul>