

Get to Know you Games

Contents

Get to Know you Games	1
Blind Trial	1
Find Your Pair	2
Secret Path	3
Birthday Log	3
Human Knot	4
Robots	4
The Hula Hoop Game	5
Magic Stick	5
Cross The River	6
Hoops Rock Paper Scissors.....	6
Circle Ball.....	7
Furthest Scream	7
Move Your Feet.....	8
Mingle, Mingle, Mingle	8

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Blind Trail
HOW TO PLAY	<ul style="list-style-type: none"> • Each player is blindfolded and stood one behind another with both hands on the shoulders of the player in front of them • Players must use teamwork and communication skills instead of sight to weave their way around various obstacles and challenges
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • In pairs, one person is blindfolded whilst the leader, unblindfolded, guides and instructs their partner through the trail • Race against other pairs

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Find your Pair
HOW TO PLAY	<ul style="list-style-type: none"> • All players are blindfolded and spaced out around the playing area • Players are each provided with an animal name repeating each animal twice • The players must imitate the sound of the animal and find their matching partner
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • Easier - Increase the number of players that are provided with the same animal to imitate • Get creative and use a variety of sounds for the players to imitate – e.g., household items

NAME OF ACTIVITY	<ul style="list-style-type: none"> Secret Path
HOW TO PLAY	<p>In Teams</p> <ul style="list-style-type: none"> Create a grid of Hoops / Cones (5x5) The coach decides on a route (the secret path) to get from one side of the grid to the other Players can only step forwards or sideways Players must take it in turns to work out the secret path by stepping in one area at a time A player can continue their journey until they step in an incorrect area Each member of the team must successfully complete the secret path
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Easier <ul style="list-style-type: none"> Team players can help each other know where to step next Simplify the secret path by using less moves Harder <ul style="list-style-type: none"> Team players are not able to communicate Increase the number of moves on the secret path Players can now step in any direction

NAME OF ACTIVITY	<ul style="list-style-type: none"> Birthday Log
HOW TO PLAY	<ul style="list-style-type: none"> Each player must line up along a bench / marked line (log) Without stepping off the log, players are instructed to get into order of height, birthdays, how many years they have attended Kings Camps etc. If a player falls off the log, the entire group must restart from the beginning
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Easier <ul style="list-style-type: none"> Players can step in a 'safe zone' that surrounds the log that they can step in Increase the length of the log Harder <ul style="list-style-type: none"> No verbal talking Decrease the length of the log

NAME OF ACTIVITY	<ul style="list-style-type: none"> Human Knot
HOW TO PLAY	<ul style="list-style-type: none"> In a circle, each player connects one hand at a time with someone standing opposite to them Players, without letting go of hands, must untangle themselves to form into a circle
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Ask players to introduce themselves to the person they are holding hands with Easier <ul style="list-style-type: none"> Allow one the group one unclasp and reclasp of hands they need to discuss and decide what unclasp-reclasp would be most useful

NAME OF ACTIVITY	<ul style="list-style-type: none"> Robots
HOW TO PLAY	<ul style="list-style-type: none"> In groups of 3 Robot (1) – stands blindfolded in front of the start line and is the only player allowed to move Communicator (2) – stands behind the start line and faces away from the activity area and the robot Observer (3) – stands in front of the communicator facing the activity area but is not allowed to talk Robot must retrieve their team cone and bring back to observer The communicator must give the robot instructions The observer cannot talk verbally but must instruct the communicator on what to tell the robot
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Ensure players rotate roles / change groups

NAME OF ACTIVITY	<ul style="list-style-type: none"> The Hula Hoop Game
HOW TO PLAY	<ul style="list-style-type: none"> All players stand in a circle and hold hands Ask 2 players to let go of each other's hands, place the hula hoop in between their hands and ask them to hold hands again Players must pass their whole body through the hula hoop without letting go of each other's hands Once every player passes through the hoop, the time ends
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Adapt the game by racing against another team

NAME OF ACTIVITY	<ul style="list-style-type: none"> Magic Stick
HOW TO PLAY	<ul style="list-style-type: none"> Players form two lines and face each other Each player must hold out their index finger in front of them A hockey stick is placed on top of them, horizontally The hockey stick must be lowered to the ground under control Pinching or grabbing the stick is not allowed
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Experiment with changing the length and weight of the stick to increase and decrease difficulty

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Cross the River
HOW TO PLAY	<ul style="list-style-type: none"> • Players all start at one side of the playing area, with 10 marker spots (stepping stones) • Without stepping off the marker spots, players must get from one side of the playing area to the other • A stepping stone must always be in contact with a player and is removed if rule is broken
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • Easier <ul style="list-style-type: none"> - Increase the amount of stepping stones allocated - Provide team lives • Harder <ul style="list-style-type: none"> - Increase the amount of stepping stones allocated

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Hoops. Rock, paper, scissors
HOW TO PLAY	<ul style="list-style-type: none"> • Hoops are placed in a line, group is divided into 2 teams and stood at each end of the hoops • One member from each team jumps from hoop to hoop • When players meet each other, they play rock paper scissors • When a player loses, they return to their team and their next teammate in line immediately begins hopping through the path • The winner continues to jump towards the opposing team • A team is awarded a point when a player reaches the other side
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • Easier <ul style="list-style-type: none"> - Decrease the amount of hoops • Harder <ul style="list-style-type: none"> - Increase the number of teams - Increase the amount of hoops / spots

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Circle Ball
HOW TO PLAY	<ul style="list-style-type: none"> • Standing in a circle, each player says their name once • One person is given a ball, they must say their own name and then the name of someone else in the group before throwing the ball to them • Once everyone has been thrown the ball, try some of the adaptations below
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • What is the fastest time everyone can be passed the ball • Add additional balls • Players can only hold the ball for 1 second before having to throw it • Share an interesting fact

NAME OF ACTIVITY	<ul style="list-style-type: none"> • Furthest Scream
HOW TO PLAY	<ul style="list-style-type: none"> • Standing in a line, shoulder to shoulder, each team member introduces themselves by saying "my name is... and I can scream this far" • Whilst screaming, one at a time, each player must run in a straight line and stop when their breath runs out • The furthest runner is awarded a point for their camp team
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> • A cone is placed on the floor next to distance each player travelled, and multiple rounds are played – say an interesting fact about yourself each time you begin to run

NAME OF ACTIVITY	<ul style="list-style-type: none"> Move your Feet
HOW TO PLAY	<ul style="list-style-type: none"> Cones are placed in a circle, each player must find a cone to stand next to One person in the middle starts by saying "move your feet if..." and then says something that is true for the person speaking e.g., "move your feet if you like the colour pink" All players that like the colour pink walk/ jog into the middle, high five another player and stand in a different place in the circle The last person to find a place in the circle, stands in the middle and calls out the next category
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Players run on the outside of the circle

NAME OF ACTIVITY	<ul style="list-style-type: none"> Mingle, Mingle, Mingle
HOW TO PLAY	<ul style="list-style-type: none"> All players move around a playing area, shouting "mingle, mingle, mingle" Coach calls out a category question (for example - what is your favourite colour?) All players start calling out their favourite colour to each other and find the others in the group who have the same favourite colour as them Players who have the same answer, link arms and continue to go round the group looking for more people with the same answer when all players are grouped together, everyone stands still and each group calls out their answer
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none"> Introduce a time limit Be adventurous with the category question