



**COACHES
CHALLENGES**



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What is the purpose of this document?

These Coaches Challenges are a resource designed to prepare Managers for lunchtime challenges at Kings Camps. You are not restricted to the use of these games only; they are provided as ideas to get you started.

At the end of camp or at lunchtime after eating, coaches take part in a variety of challenges. This involves each coach representing a particular team colour working with their team to try and win points. Children should be engaged in the activity by cheering for and supporting their coach.

The challenge should be no longer than 30 minutes long and is a great opportunity for both children and Red Tops to showcase their individual skills and talents.

Red Tops should demonstrate the activity and complete in a quick, singular challenge. The Site Manager can then arrange for the children to take part in the activity. The activity should be safe and suitable for all children.

Safety & Organisation

1. Utilise coaches efficiently - if there are multiple coaches with one group, create more circles to ensure inclusivity.
2. To maximise participation, ensure that players are taking turns quickly.
3. The weather must be reasonably warm if able to do it outside and remain aware of the condition of children throughout. Keeping them active and moving will prevent them from becoming too cold.
4. Sun cream is applied if you are able to do activities outside.
5. Check the grounds for debris and sharp objects before using the playing area. – clear playing area and ensure circle is large enough
6. Always remember that we are there for the children to have a great time and be safe at all times.



Ball Bounce

EQUIPMENT	<ul style="list-style-type: none">• 1 Purple/Pink Volleyball• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Using cones, create an area for the children to sit in
HOW TO PLAY	<ul style="list-style-type: none">• Using both hands, bounce the ball as high as you can• Every time the ball bounces, you must move your entire body underneath the ball• How many times can you move underneath the ball successfully?
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Ping pong ball or similar<ul style="list-style-type: none">– Bounce the ball vertically– After every bounce, your hand must be moved underneath the ball once– How many times can you move your hand underneath the ball successfully?

Mario Kart

EQUIPMENT	<ul style="list-style-type: none">• 3 balloons per person• String• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Using the cones create a playing area• Use the string to tie 3 balloons together• Tie the balloons to an ankle of each player
HOW TO PLAY	<ul style="list-style-type: none">• Staying within the playing area, players must try to pop other players' balloons whilst protecting their own• Balloons must be popped by stepping onto them• Players are eliminated from the game when they no longer have any balloons remaining• The last player remaining with the most amount of balloons is declared the winner
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Set a time limit• Add/ remove balloons



Obstacle Course

EQUIPMENT	<ul style="list-style-type: none">• Hockey Stick• Bibs• Hula hoop• Basketball• Cones
SET UP AND SAFETY	<ul style="list-style-type: none">• Place the following equipment in the line in front of each group:<ul style="list-style-type: none">- Hockey Stick- Their lanyard- A hula hoop- A bib- A basketball- A line of cones
HOW TO PLAY	<ul style="list-style-type: none">• players must place their foreheads on the end of their hockey stick while the other end is in contact with the floor whilst spinning on the spot 10 times• players then race to perform the following actions:<ul style="list-style-type: none">- Run to put on their lanyard- Pass through a hula hoop- Put on their bib- Dribble a basketball through a set of cones- Run back to the start• Which coach can make it back to the start first?
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Be creative!• Consider:<ul style="list-style-type: none">- More / different equipment- Including different tasks- Length of course



Shuttle Race

EQUIPMENT	<ul style="list-style-type: none">• Shuttlecock
SET UP AND SAFETY	<ul style="list-style-type: none">• One shuttlecock per group• Using cones, create a start and finish line
HOW TO PLAY	<ul style="list-style-type: none">• Each team must stand one behind the other, behind the start line with a shuttlecock placed on the floor• One team member from each group must try to blow the shuttlecock to the finish line• Only ONE breath is allowed per person before re-joining the back on the line• If the shuttlecock falls over, it must be taken back to the start line• Which team can make it to the finish line first?
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• If shuttlecock falls over, take it back 30cm

Longest Line

EQUIPMENT	<ul style="list-style-type: none">• A variety of sports equipment
SET UP AND SAFETY	<ul style="list-style-type: none">• This is a whole camp activity• Split the children into their groups/ teams
HOW TO PLAY	<ul style="list-style-type: none">• Teams have 10 minutes to make the longest possible line using anything they have on them (shoelaces, belts, over-shirts, jackets, etc.)• Each player must be in contact with another person either by means of a part of the body or an item/object.• The team that wins is the one that forms the longest line
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• The quickest team to clear all their equipment away will gain extra points for their team• Extend the equipment list, to allow teams to use any equipment they can find in the room



Dizzy Penalties

EQUIPMENT	<ul style="list-style-type: none">• Hockey Stick• Football• Cones / football goal
SET UP AND SAFTEY	<ul style="list-style-type: none">• Use cones to create a safety zone• Ensure that the children
HOW TO PLAY	<ul style="list-style-type: none">• One at a time, coaches must place their forehead on the top of a hockey stick whilst the other end is in contact with the floor• Coaches must then quickly spin on the spot 10 times and try to kick the football through/into a goal• Encourage the children to cheer for their coach and help count how many turns they have completed whilst spinning
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Two coaches go head-to-head!• Coaches stand opposite each other, each with a ball and goal each• The first coach to successfully kick their oppositions ball into their goal is the winner

Colour Party

EQUIPMENT	<ul style="list-style-type: none">• N/A
SET UP AND SAFTEY	<ul style="list-style-type: none">• Ensure children are sitting down whilst coaches are running around collecting their items
HOW TO PLAY	<ul style="list-style-type: none">• Each coach will represent their group/ team• The leader will shout a colour• Coaches will race to find and collect an item of that colour• The coach to collect an item and return to the leader first, will win a point for their team
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Shout multiple colours at the same time• Get the children involved



Volleyball Nuk 'Em

EQUIPMENT	<ul style="list-style-type: none">• Volleyball• Badminton nets and posts
SET UP AND SAFETY	<ul style="list-style-type: none">• Split group into two teams• Players must throw the ball up, downward throws are not allowed
HOW TO PLAY	<ul style="list-style-type: none">• The goal of the game is to not let the ball touch the ground on your side of the net.• Begin the game by throwing the ball over the net• Players must try to catch the ball before it hits the ground and proceed to throw it back over the net• Players can hold the ball for a maximum of 3 seconds• The ball can be passed a maximum of 3 times before it must be thrown over the net• Players are eliminated if:<ul style="list-style-type: none">– They are standing the closest to a ball that is not caught and land on the ground.– They throw a ball out of bounds– They fail throw the ball over the net
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• A player can reenter the game if a teammate catches the ball with one hand or a teammate throws an ace (when no one touches the ball and it hits the ground).



Pictionary

EQUIPMENT	<ul style="list-style-type: none">• Paper• Pens
SET UP AND SAFETY	<ul style="list-style-type: none">• This is a whole camp activity• Split the children into their groups/ teams• Create a set of word or phrase cards before the game begins
HOW TO PLAY	<ul style="list-style-type: none">• Each coach will represent their group/ team• The leader will stand in the middle of the groups and show the coaches the first word• Coaches must run to their group and start drawing on the paper, trying to depict the word or phrase without using any letters, numbers, or symbols• Once guessed correctly, coaches run back to the leader to get the second word and so on• Which team can guess all the words correctly first?
ROUNDS & ADAPTATIONS	<p>Charades</p> <ul style="list-style-type: none">• Following the same layout as stated above• Coaches must act out the word or phrase stated by the leader• Which team can guess all the words correctly first?

Find Me

EQUIPMENT	<ul style="list-style-type: none">• Cones• The object (e.g. a ball, lanyard, KS1 toy, baton)
SET UP AND SAFETY	<ul style="list-style-type: none">• Use cones to create a playing area
HOW TO PLAY	<ul style="list-style-type: none">• Coaches are blindfolded• An object is placed within the playing area• Coaches are spun around 10 times before trying to find the object• Which coach can find it first?
ROUNDS & ADAPTATIONS	<ul style="list-style-type: none">• Play multiple rounds with different objects <p>Consider:</p> <ul style="list-style-type: none">• 2 coaches going head to head• All coaches at the same time• Increase/ decrease the size of the playing area• Asking rookies / a child from each group to represent their team