

LET'S MOVE

**Handbook for active sports games
outdoors**



Introduction

Nowadays we all spend too much time indoors forgetting many nice things we could do outdoors with our friends.

This handbook offers sport games to play outdoors. The games are easy to play with no special physical preparation or special equipment needed (in some of the games you event don't need a ball).

Look through these games and pick up your favorite ones to play at school, when you have free time at home or when you are on a trip with your friends or family.

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Blanket Volleyball

This game is just like normal volleyball, but each team is given a blanket.

The team should stand around the edge of the blanket, stretching it out so it is tight. The 'serving' team should start by placing the ball on the blanket, loosening then brining it tight so it 'throws' the ball over the net. The other team then use their blanket to catch the ball then throw it back.

Tips: the ball can be replaced with water balloons and instead of a blanket you can use a table cloth or small tarp.

Copycat

Start by getting everyone in the group to stand in a circle facing inwards.

Then pick one person and send them out of the room. Whilst they are out of the room, appoint a 'leader'.

This person is the one who (in a minute) will lead the room in various movements (e.g. stamping feet, spinning, standing on one foot, dancing, singing, etc.). Everyone else in the circle must mimic the leader, without giving away who the leader is.

Bring the person back into the room, and commence the game. It's quite funny watching everyone mimic the leader (especially if they pull some crazy manouvours).

The aim of the game is the for person who was sent out of the room to guess

who the leader is. They get three chances to guess it right.

The leader then becomes the 'guesser' and the game continues!

Crab Soccer

Split up into two teams. Each team lines up on one side of a small soccer field, with goals at either end. The goals can be proper goals or two chairs. The field can be any size - it depends on the size of your group but it can be half the size of a basketball court.

Players on both teams are assigned a number, starting at "1" on each team.

Put the soccer ball in the very middle of the field, then have the umpire call out a number. The team members who have been assigned the number crab walk to the center and try and kick the soccer ball through for a goal.

When a goal is scored, return the ball to the center and start again. If the ball gets stuck or you are taking too long, call another number and the original pair returns to the line.

To introduce variety - call two numbers (meaning 4 kids are playing soccer).

Elephant Tag

This works best played in a large, open area.

Pick three "elephants". These are the taggers. They have to hold their right ear with their left arm, and then rest their right arm on the inside of their left elbow. Their arm is their "trunk". They must chase everyone else and attempt to tag them. When the children are tagged, they also become elephants and have to chase everyone else.

Continue until everyone is an elephant.

Frisbee Golf

As the name suggests, this game is just like golf, but with Frisbees for balls and baskets for holes.

Get hold of as many baskets (e.g. laundry baskets) as you can, and stick numbers on them to indicate the hole number. You may need to weigh the baskets down with something heavy if it's windy.

Design the holes so there's a different variation - longer or shorter holes, some with obstacles (trees) in the way, etc.

Participants take turns at throwing the Frisbee at the hole. Every throw represents one hit, with the aim to get the Frisbee in the hole with the minimum number of throws.

Have you ever

Setup chairs around a circle - have one less chair than there are people in the game.

One person then stands in the middle and asks the group a question starting with "*Have you ever ...*". It must be something they have done themselves.

For example, if I have been water skiing, I could ask "Have you ever been bungee jumping?". Then every person who has done it (e.g. bungee jumped) must get up and change seats with someone else. The person in the middle also goes and grabs a seat. Because there are not enough seats, there will always be one person left in the middle, and the game starts again with the person in the middle saying "Have you ever... etc."

Human Rock Paper Scissors

The game "Rock Paper Scissors" involves two players selecting then simultaneously revealing their choice of Paper, Rock or Scissors. Paper beats Rock, Rock beats Scissors, Scissors beats Paper.

This is a human-size version of Rock Paper Scissors, suitable for playing in teams. The game involves having two clearly defined end zones.

To begin, each team huddles and decides on which play to run (rock, paper or scissors). The two teams then meet in the playing area. If your team's symbol wins, you chase the other team back into its end zone, trying to tag the team members before they get there. If your team's symbol

loses, you must dash back to your own end zone before you're caught.

Those people who get caught change to the other team. The game ends when everyone is on the same team.

Mine Field

It works best if you have a large area, indoor or outdoor. Setup a series of obstacles (chairs, tables, balls, etc.).

The group has to pair off - one person is blind folded and must make their way through the 'mine field' by listening to their partner. Their partner verbally talks them through but cannot enter the mine field. If the person hits a 'mine' they must return to the start. After everyone has gone through, swap roles.

Fun game if You do it as a race. Two teams of four or five, everyone blind folded except a caller at the other end for each team.

The Amazing Race

Split into groups of four or five.

Make up a list of directions that scurry your teams across town/area to various challenges or clues that lead them to the next challenge.

The final clue brings the first team to a waiting area. The winning team is who completes the trip first.

Youth Olympics

You don't have to wait until the Olympics are on to have an Olympic themed youth group activity! Some ideas:

- Split people into groups prior to the night and assign them a country. The members of the group should come decked out in their country's colors, with flags, face paint, etc.
- Decorate the place with flags from other countries
- Incorporate relay games or a World Record type night
- Be sure to include a mix of individual and team building activities
- Have medals on ready to hand out (you can generally buy chocolate medals at confectionery shops)

Record breaking night

The whole concept is to have a series of 'records' and try and break them.

Ideas or examples include:

- who has the highest vertical leap (use chalk on a wall)
- who can 'sit' leaning against a wall with legs at right angles for the longest
- who can fly a paper airplane the furthest
- who can memorize the most sequential numbers
- who can solve a rubix cube the quickest
- number of throws of a frisbee or flying disc between two or three people without it hitting the ground

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- quickest time for undoing a human knot game
- see comments below for more ideas

Basically anything works here - use your imagination, add your suggestions in the comments box below and we'll add to this list.

The night works best if you keep track of previous year's records (and the name of the people who set them) and aim to beat previous years. We have a wooden board with the records painted on. The more you can pump this up, the better.

Try and have a good mix of physical, intellectual, etc. and take care to ensure those who may not be as 'gifted' don't feel left out!

Another potential variation of this game is to source a copy of the

Guinness Book of Records and try to find a record you think your group could break. They have some quite obscure records in there that can be broken with the right group of determined young people!

Three Ball Soccer

This is soccer. Soccer with not just one ball, not just two balls, but three balls! You'll need three balls, preferably all of a different color. This game can be really useful to keep as many people involved as possible, especially making sure both genders get into it.

Set up a normal soccer playing field (of the right size for your group) with a goal at either end.

Simply divide everyone into even teams, with even guys/girls if possible.

One ball represents the guys only, another ball the girls, and the third ball is co-ed. Make sure the players are clear on which ball is for which group. If a player touches the wrong ball on purpose, you might want to pull them out of the game for a

minute.

Of course this "three ball" game doesn't have to be restricted to soccer and could be done with netball, ultimate frisbee or AFL as well. Give it a try!

Volleyball with Human Net

Play this game with the same rules as volleyball except with 3 teams. Have 2 teams play against one another while the third team acts as the net. The "net" team can play a big part in this game as they give a good twist to an old game. The "net" can take one step in any direction (only one step) to hit the ball. The "net" can change direction of play at any time.

I was searching for something to do during a camping retreat and made this up just as a hope to keep everybody active. It turned out to be the funniest game we played.

Dodgeball

The timeless classic game - dodgeball - requires little set up effort and is always a winner. There are two ways to play it and they're both explained below:

CLASSIC

Divide the playing area (an indoor court works perfectly) into two halves.

Divide the group into two teams and designate one team to each half. To start the game, each player must be touching the baseline of their half.

Along the half way line of the playing field, place all the balls you're going to be using.

When the game starts, players can run to get the balls first and then the

action

begins.

other team "out" by throwing balls at them. Rules usually include nothing about the waist counts and only underarm throws can be used. Have someone on a stopwatch so the time can be measured. The team that stays in the longest wins!

The aim of the game is to get the opposition team out by throwing the balls at them. If a ball hits a player below the waist, they are eliminated and must sit out for the rest of the round. If a player catches a ball on the full then one eliminated player from their team may return to the game.

TIME

TRIAL

Set out a playing area using markers.

Divide the group into two teams - one starts in the middle of the playing area (size depends on number of players) and the other team spreads themselves around the outside of the playing area.

Once the game starts the outside team has to try to get the players on the

Silent Ball

Get everyone to stand around the room in random places. Then it's as simple as telling everyone to be quiet!

Basically, the game involves the players throwing the ball to each other. A player is eliminated by any of the following rules:

- Drop the ball when trying to catch it
- Do a bad throw
- Talking or making a sound (thus, silent ball)

You can add in your own rules as the game goes on, maybe everyone has to stand on one leg, or throw with their left hand, or catch the ball with their mouth (challenging... but not impossible.) Be creative!

Spud

Its best to play outdoors in an open area.

Give everyone a number (1-however many players there are). Have a leader throw a ball in the air and say one of the numbers that was given, that person has to retrieve the ball, while that person is getting the ball, everyone else runs in the other direction, once the person gets the ball and says "spud" no one can move (including the person who's number got called) then (whiteout moving) the person throws the ball at someone, if it hits them, they have a 'letter' (S) they can try and doge the ball by ducking or leaning, but they can't pickup their feet.

The ball can hit more than one person per round. Then the leader throws the

ball in the air, calls out a different number and the whole thing start again. If you get hit again then you have SP, then SPU, then SPUD and you're out.

This is loads of fun when you have 10-20 people playing, but however many work.

Giant Bowling

This is a simple game, but can be great fun for a mini – Olympics style event.

Basically, set up a giant size bowling alley in a large area - it could be anywhere! We use our carpark and draw lines using chalk to mark out the allery.

Each player from the team gets chance to bowl the ball down the alley and knock over as many pins as possible.

To add in some extra challenge-ness to the game, players can line up down the sides of the alley and are allowed to kick or push the ball if it comes near them. However, it might be a good idea to limit the number of times they can do this (ie 1 or 2) and make

sure they can only do it in one direction (e.g. forwards).

Tips: use plastic bottles filled with water instead of bowling pins and a football or volleyball.

Pillow Basketball

Split your group into teams A and B. With each team having an equal amount of girls and guys. The guys from team A take the court first. All they have to do is make as many points as possible - lay-ups, jumpers, three-pointers are all allowed.

The girls from team B are to take the court armed with pillows. Their job is to do their best to make the guys miss, by beating the shot out of them with the pillows. They can hit the ball away, or just haul off and hit the fellas as they are shooting.

After 2-3 minutes have the teams switch, team B's boys go on the court to shoot while team A's girls get the pillows. The time limit of 2-3 minutes is best cause, the girls don't realise how incredibly tired they get swinging

pillows.

It's a blast and the girls absolutely love getting a chance to beat on the guys and get away with it.

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