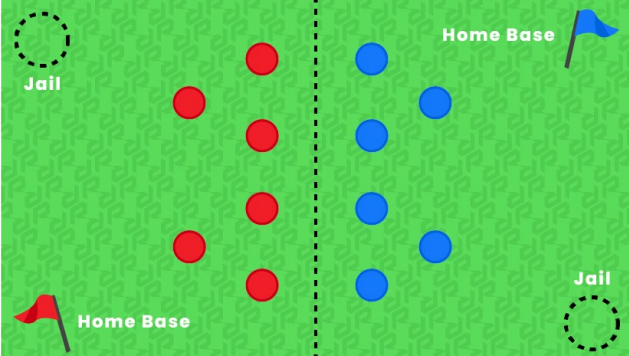




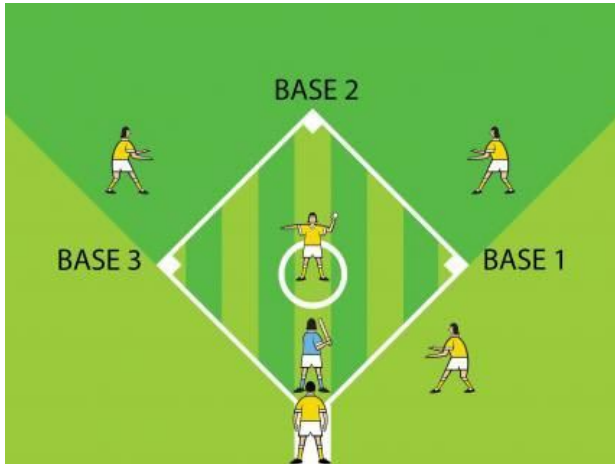
ACTIVITY RESOURCE BOOKLET

GAMES WITH EQUIPMENT FOR BIGGER GROUPS



Name of Activity	Equipment	Set-up	Instruction	Adaptations
<p>Capture The Flag –</p> 	<ul style="list-style-type: none"> - Cones - Flags - Hula Hoops 	<ul style="list-style-type: none"> - Set up playing area and make sure it is safe to play on. - Split playing area into 2 sides. - Split participants into 2 teams. - Set out an area for jail with either a hula hoop or cones. - Set up one flag on each side of the playing area. 	<ul style="list-style-type: none"> - The goal of the game is for each team to capture the other team's flag and take it back to its zone. - Pick positions for your team's players. Some players should try to capture the other team's flag. Other players should guard your team's flag. - If members of the other team enter your team's zone, you can send them to jail by tagging them. - Players can be freed from jail when a teammate tags them back in. - First team to capture the other team's flag and take it back to their zone wins. 	<ul style="list-style-type: none"> - Adaptions to make it easier: - There are only allowed to be 2 taggers on each team. - Adaptions to make it harder: - Introduce a second flag for each team, so there is now 2 to capture to win. - To maximise engagement: - You can cap the amount of people that are allowed in jail e.g., there can be no more than 3 players in jail at one time so no one else can be tagged after there are 3 in jail.

Rounders/Kickball rounders –

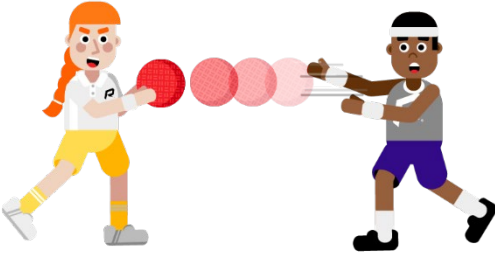
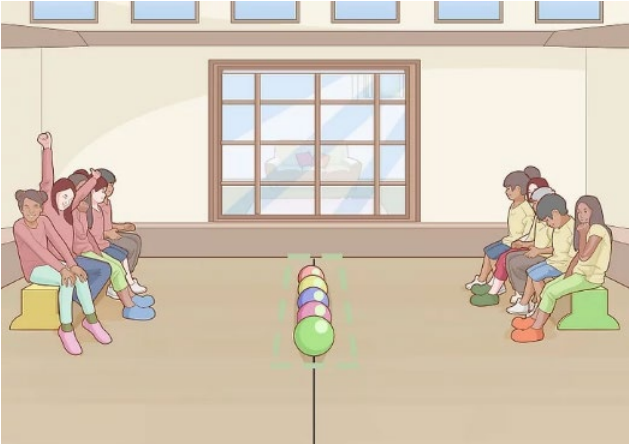


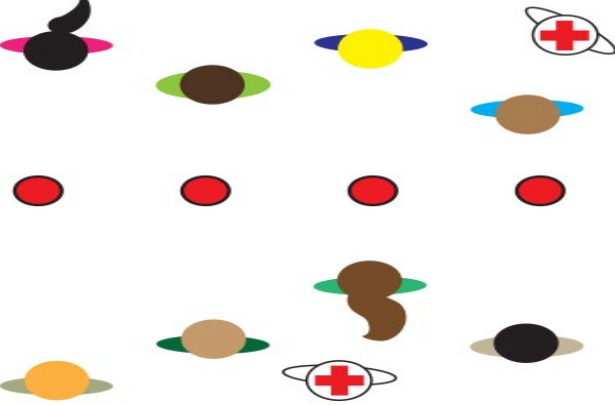
- Cones
- Tennis ball (depending on style of game)
- Tennis Racket (depending on style of game)
- Dodgeball (depending on style of game)


- Set up playing area and make sure it is safe to play on.
- Set out cones in a diamond formation.
- Split participants into 2 teams.
- Split them into a team of fielders and a team of batters/kickers.

- To start the game there will be one fielding team and one batting/kicking team (depending on the style of rounders the participants want to play).
- The fielding team should have one thrower feeding to the batters/kickers and the rest spaced out around the playing area usually one next to each cone.
- The batting/kicking team will line up single file and go one by one trying to bat/kick the ball again depending on the style of rounders played.
- The aim of the game is to get as many points as possible as a batting/kicking team.
- If you get a home run, you get 5 points and if you make it back in several stops its 1 point.
- Only 1 batting/kicking player can stop at one cone at a time.
- If a batting/kicking player is mid run and the ball is caught and the cone they are running too is stumped before they get there, they are out.
- If the fielding team catch the ball after any batting/kicking players attempt, then the whole team are out, and they swap sides.
- Players can only bat/hit the ball forwards or to the side, **NOT** backwards.

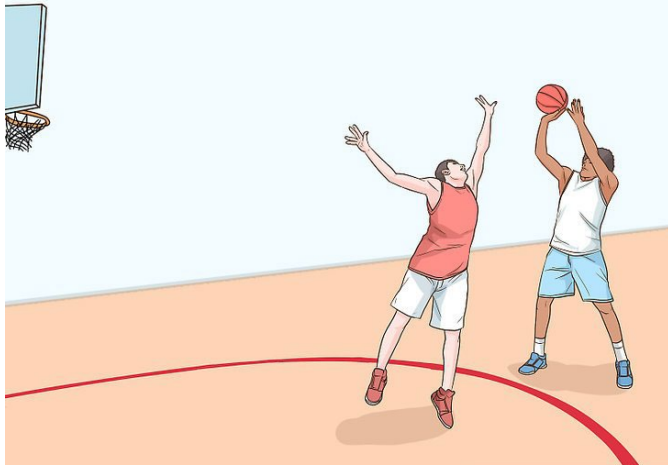
- Adaptions to make it **easier**:
 - Make the playing area smaller so that there isn't so much ground to cover.
- Adaptions to make it **harder**:
 - Make the playing area bigger so that there is more ground to cover.
- **To maximise engagement**:
 - No one can be put out they just go to the back of the queue.

<p>Dodgeball –</p> 	<ul style="list-style-type: none"> - Cones - Dodgeballs 	<ul style="list-style-type: none"> - Set up playing area and make sure it is safe to play on. - Set up several cones in a line, then place a dodgeball on top of each. - Split participants into 2 teams and send each team to opposite sides of the playing area. 	<ul style="list-style-type: none"> - Each team to start at opposite ends of the playing area. - When the coach shouts 'GO' the teams run to pick up the dodgeballs from the cones and take them back to their side. - The aim of the game is to get all the opposing teams' players out to win. - Players can do this by throwing the ball at an opposing player. - Players can hit any part of an opposing player's body to get them out. - However, they MUST NOT hit a player's head or face. - If an opposing player catches a throw from opposite team, the player that threw that ball is out. - If an opposing player attempts to catch a ball thrown at them by the opposing team but drops it, then they are also out. - Balls that are thrown can be deflected by using a ball they have to hit it away, as long as its ball-to-ball contact. - The game is over when one teams players have all been put out. 	<ul style="list-style-type: none"> - Adaptions to make it easier: - Add in more dodgeballs, to increase the opportunities for elimination. - Adaptions to make it harder: - Players can only hit below waist height to put out an opponent. - To maximise engagement: - If players get put out, they stand along the side of the playing area and can be tagged back in by a teammate at any point.
<p>Benchball –</p> 	<ul style="list-style-type: none"> - 2 benches - Cones - Dodgeballs 	<ul style="list-style-type: none"> - Set up playing area and make sure it is safe to play on. - Set up several cones in a line, then place a dodgeball on top of each. - Place benches at opposites ends of the playing area, towards the back of the playing area. - Split participants into 2 teams and send each team to opposite sides 	<ul style="list-style-type: none"> - Same rules apply as normal dodgeball. - Each team to start at opposite ends of the playing area. - When the coach shouts 'GO' the teams run to pick up the dodgeballs from the cones and take them back to their side. - The aim of the game is to get all the opposing teams' players out to win. - Players can do this by throwing the ball at an opposing player. - Players can hit any part of an opposing player's body to get them out. - However, they MUST NOT hit a player's head or face. - If an opposing player catches a throw from opposite team, the player that threw that ball is out. - If an opposing player attempts to catch a ball thrown at them by the opposing team but drops it, then they are also out. 	<ul style="list-style-type: none"> - Adaptions to make it easier: - Add in more dodgeballs to increase the opportunity of elimination. - Adaptions to make it harder: - There can only be one player on each team that can throw a ball to their teammates who are out. If this player gets put out, then they cannot throw dodgeballs to their teammates to allow them back in the game.

		<p>of the playing area.</p>	<ul style="list-style-type: none"> - Balls that are thrown can be deflected by using a ball they have to hit it away, as long as its ball-to-ball contact. - Due to this being benchball, anytime a player gets put out, they must then run to the opposing players bench and stand on it. - Players on the bench can gain entry back into the game if one of their players throws a dodgeball to them and they catch it. - Players on the opposing team can catch these balls that are attempted to said players and can also chuck their ball at the other one to obstruct play and stop it from getting to its destination. - The game is over when one teams players have all been put out. 	<ul style="list-style-type: none"> - To maximise engagement: - Players MUST NOT try to obstruct an attempted dodgeball throw to a player who is out.
<p>Medicball –</p> 	<ul style="list-style-type: none"> - Cones - Dodgeballs 	<ul style="list-style-type: none"> - Set up playing area and make sure it safe to play on. - Set up several cones in a line, then place a dodgeball on top of each. - Split participants into 2 teams and send each team to opposite sides of the playing area. 	<ul style="list-style-type: none"> - Same rules apply as normal dodgeball. - Each team to start at opposite ends of the playing area. - Due to this being Medicball rules each team assign one “Medic” to their team before starting. - When the coach shouts ‘GO’ the teams run to pick up the dodgeballs from the cones and take them back to their side. - The aim of the game is to get all the opposing teams’ players out to win. - Players can do this by throwing the ball at an opposing player. - Players can hit any part of an opposing player’s body to get them out. - However, they MUST NOT hit a player’s head or face. - If an opposing player catches a throw from opposite team, the player that threw that ball is out. - If an opposing player attempts to catch a ball thrown at them by the opposing team but drops it, then they are also out. - Balls that are thrown can be deflected by using a ball they have to hit it away, as long as its ball-to-ball contact. 	<ul style="list-style-type: none"> - Adaptions to make it easier: - Add in more dodgeballs to increase the opportunity of elimination. - Adaptions to make it harder: - Allows teams to have 2 medics so that it increases the chances of the game lasting longer. - To maximise engagement: - Medics CANNOT be put out, however, if they are caught then they cannot come back into play for 15 seconds.

			<ul style="list-style-type: none"> - When a player is “out” during this game instead of being out of the game completely they must kneel down. - The “medics” of the team and can revive these players by tapping them on the shoulder and then they are back in play. - If a “medic” is put out, then they CANNOT revive themselves and are out of the game completely. - The game is over when one teams players have all been put out. 	
<p>Camouflage –</p> 	<ul style="list-style-type: none"> - Hula hoops - Cones - Tennis rackets - Bibs - Footballs - Buckets - Various sports equipment 	<ul style="list-style-type: none"> - Set up playing area and make sure it is safe to play on. - Set up an array of different sports equipment/things you can hide behind around the playing area in a disorderly fashion. 	<ul style="list-style-type: none"> - Before the game starts, nominate 2 or 3 people to be the callers. - Once these people have been nominated, they must stand at the end of the playing area. - The rest of the participants start to run around the playing area. - Once a caller shouts “camouflage!”, the participants must run and hide behind one of the objects that are in the playing area within 5 seconds. - If they do not manage to hide behind something within those 5 seconds, they are out. - As the game continues the callers will start to take away more of the equipment from the playing area so there are less things to hide behind. - The last person standing wins. 	<ul style="list-style-type: none"> - Adaptions to make it easier: - Give each participant 10 seconds to hide instead of 5. - Adaptions to make it harder: - They must come and high 5 the callers before they hide still within their 5 second time slot.

21 basketball game –



- Basketballs
- Basketball hoop
- Cones

- To set up, use basketball half court area or full court if there are enough players.
- If there is no area marked out, try and create a 3-point line and free throw line with cones.

- This is just a game of basketball but only going up to 21 points.
- An easy one to get going with a small number of players or big number.
- If there are more than 5 participants playing, then split them into teams. If not, then it's just everyone versus everyone.
- If a player shoots behind the 3-point line and scores they get 3 points.
- If a player shoots inside the 3-point line and score they get 2 points.
- Each time a player scores a basket they get a free shot from the free throw line.
- If they score from this free throw line, they get 1 point.
- Each team/player depending on how they are playing will have to score up to 21 points.
- If they score over 21 points, they are classed as bust and other team gets the win or if they are playing singularly, they are out.

- Adaptions to make it **easier**:
- If teams/players are struggling to reach 21 points, then reduce it to 15 or lower.
- Adaptions to make it **harder**:
- If teams/players are finding it too easy to reach 21 points, then up it to 30 points.
- Can only score a basket from behind the 3-point line.
- **To maximise engagement**:
- If a team/player scores over 21 points this time instead of the other team winning/ a player being put out, they would just be deducted 5 points so that they are kept in the game.