

# DANGEROUS CAMPING



## Great Big Adventure

ACTIVITY INSTRUCTIONS FOR POD LEADERS

### GOAL

To build pod identity by spending time together doing something physical and fun, while creating memories.

### PLEASE REMEMBER:

- Enthusiasm and energy matter more than content. Your role is to keep enthusiasm and energy high, even if the activity isn't massively exciting!
- The rules, activities and scores are of secondary importance. If the pod isn't enjoying an activity, change the rules or just stop.
- You will be given a time limit for each activity. When the time is up, move on to the next activity station.
- The purpose of the scoresheet is to provide an additional motivation to get to the finish. Safety and enjoyment matter more than winning.
- Prompt everyone to drink water and wear suncream if necessary.
- Pay careful attention to the safety notes for each activity.



## YOU WILL NEED

<b>Gutter ball</b>	<ul style="list-style-type: none"><li>• Sections of plastic guttering (at least three)</li><li>• Table tennis balls (or other balls that roll well through the guttering)</li></ul>
<b>Blindfolded hippos</b>	<ul style="list-style-type: none"><li>• 20m rope</li><li>• Selection of different coloured balls (eg toddler ballpit balls)</li><li>• Buckets</li></ul>
<b>Stingers</b>	<ul style="list-style-type: none"><li>• A tennis ball</li><li>• Cones or other objects to mark out the playing area</li></ul>
<b>Magic carpet</b>	<ul style="list-style-type: none"><li>• Plastic sheet or tarpaulin, big enough for a whole pod to stand on at once</li></ul>
<b>Spider web</b>	<ul style="list-style-type: none"><li>• Large amounts of rope</li><li>• Two trees to which the web can be attached</li></ul>
<b>Bomb track</b>	<ul style="list-style-type: none"><li>• 36 cones or sheets of paper/card</li><li>• A map showing the safe route and locations of bombs</li><li>• Blank paper and pens to make a fresh map</li></ul>
<b>P!</b>	<ul style="list-style-type: none"><li>• No equipment needed</li></ul>
<b>Bucket netball</b>	<ul style="list-style-type: none"><li>• Two metal buckets</li><li>• Two lengths of rope</li><li>• Netballs (or footballs, volleyballs etc)</li><li>• Team bibs</li></ul>

Choose as many of these activities as you need for the number of pods/teams and the time you have.

Set a time limit for each pod/team to spend on each activity. Then they move onto the next one.

These games are just for fun. There is no need to keep track of scores, if you would prefer not to.

Please pay careful attention to the safety notes for each activity. Safety matters more than winning!



# Gutter Ball

## SET-UP

Gather table tennis balls and the gutter sections.

## TO PLAY

1. Each person holds one gutter section.
2. The ball must be kept rolling for as long as possible through the gutter sections.
3. Stand in a line, so that the ball rolls from one person/section to the next.
4. Once the ball has passed through a gutter section, that person/section can move to the other end.
5. Count how many gutter sections the ball rolls through before it hits the ground. This is your score.
6. The ball may not be touched by hands. If it is, start again.
7. The ball may not touch the ground. If it does, start again.

## FOR EXTRA DIFFICULTY

If you are getting scores of more than 40 or so, add an extra rule, eg

- Start with more than one table tennis ball.
- Total silence!
- Each person can only hold the gutter section with one hand.
- The gutter sections are not allowed to touch (super difficult!).



### TOP TIP

You can slow the ball down or even stop it by making gutter sections flat, to give your team time to regroup.



### SAFETY

Play on level ground.





# Blindfolded Hippos

## SET-UP

Lay a rope on the floor to form a square, about 5m x 5m. Scatter a large number of coloured balls in the square.

## TO PLAY

1. Split into family teams. Each team chooses one member to be the searcher. They're a bit like a hippo in the 'Hungry Hippos' board game!
2. The searchers are blindfolded and placed apart around the edge of the square playing area.
3. Each team has a bucket placed somewhere on the edge of the square.
4. When the game starts, searchers move around the play area to find the balls and bring them back to their team bucket.
5. The rest of the team can help with verbal instructions.
6. The objective of the game is to collect as many balls as possible.

## FOR EXTRA DIFFICULTY

If you are getting scores of more than 40 or so, add an extra rule, eg

1. Each team is given a colour. They may only collect that colour of ball.
2. The playing area can be enlarged.



### TOP TIP

This game works better if you can avoid shouting!



### SAFETY

Ensure those blindfolded in the playing area are moving carefully and slowly to prevent injuring each other. Have at least one adult watching out to prevent accidents.





# Stingers

## SET-UP

Mark out a large circle using cones, shoes or other objects.

## TO PLAY

1. Start with all the adults standing outside the circle (as "stingers") and all the children inside.
2. The object of the game is for the "stingers" to throw a tennis ball to hit someone (gently!) inside the circle. When someone is hit by a tennis ball, they move outside the circle to join the "stingers".
3. As more and more people get hit with the ball, they work together by passing the ball to each other, before throwing it at someone in the circle.
4. The person who has the ball has to stand still.
5. Anyone hit above the shoulders is not out, so the head should not be targeted.
6. The ball can be thrown underarm or overarm, but players must be careful to throw the ball gently and avoid hurting a child.



### TOP TIP

The most fun is when those outside the circle are working as a team to hunt the few left inside. Make the most of this time by throwing the ball around, and letting children do the "stinging".



### SAFETY

There are two dangers

1. The ball hurting a child when they are hit. Keep the ball under shoulder height. Adults must be careful how hard they throw the ball.
2. When there are many people in the circle, there can be collisions. The particular danger is adults running into children, which is why all adults start off as "stingers".





# Magic Carpet

## SET-UP

Lay a plastic sheet or tarpaulin on the floor.

## TO PLAY

1. Everyone stands on the "magic carpet" (sheet or tarpaulin).
2. Turn the "magic carpet" over until it is lying flat and unfolded, all without anyone stepping off the carpet onto the grass.
3. Once you've done that a couple of times, fold the carpet in half (again, without stepping off it). Keep folding it in half, or folding over corners, until it is as small as you think possible. You may have to help each other by either lifting up children off the carpet or by holding the hands or arms of some who are leaning off the edges.
4. You could play these games with only children and a smaller carpet.



## SAFETY

Watch out for

- Dropping any child being lifted up.
- Falling over and squashing a child.





# Spider Web

## SET-UP

Create a "spider web" made of ropes between two trees. Knot ropes together into a mesh, with a random mixture of holes of different sizes and at different heights. At least one hole must be large enough for the largest adult present to fit through. There need to be more holes than the maximum number of people in a team.

## TO PLAY

1. The whole group stands on one side of the spider web and needs to get to the other side.
2. One person at a time moves through the web to the other side by passing through a hole. They can manoeuvre themselves through, or be passed through by other team members.
3. Each hole can only be used once.
4. Avoid ropes being moved.

## FOR EXTRA DIFFICULTY

You may not touch the ropes on the way through.

### TOP TIP

Some adults should crawl through the lower, larger holes first. They can then support children through higher holes. Remember to keep a low hole unused for the last adult to come through. (It is quite fun for some adults to be lifted through. Perhaps identify a few volunteers first!)

### SAFETY

One adult needs to take responsibility for ensuring that lifted/held children are properly supported on **both** sides. Children can't be passed (or dive) through the hole without someone supporting them on the other side.

**This is a potentially dangerous game! Extreme care must be taken to avoid dropping anyone on their head.**



# Bomb Track

## SET-UP

36 cones or pieces of paper, laid out on the ground to make a 6 x 6 grid. A map showing the safe route from one corner of the grid to another.

## TO MAKE THE MAP

Draw a 6 x 6 grid on a sheet of paper. Mark the start and end points (which should be corner squares). Draw an interesting "safe route" between the start and end squares. Players must be able to follow the route by moving one square at a time in any direction from their current square. Every square which is NOT on the safe route contains a "bomb". Do not allow players to see the map.

## TO PLAY

1. Each cone or piece of paper on the ground represents a square on the map. The aim is to get the whole team safely across the grid from the start square to the finish square.
2. Players line up next to the start square.
3. The first player stands on the start square and then moves, one square at a time, to try to find the safe route. They continue to move until they step on a "bomb".
4. When a player steps on a "bomb", the leader says "BANG!" The player's turn is over and they go to the back of the line. The team now knows to avoid that square in future.
5. The next player begins their turn, from the start square.
6. Eventually, the safe route will be identified. The game continues until all players have safely crossed the grid.

## FOR EXTRA DIFFICULTY

- Get the children to draw a safe route for the dads to guess. The leader should check that the route is possible!







# P!

## SET-UP

Find a patch of woodland with plenty of trees and uneven ground.

## TO PLAY

1. One person is the spotter. The others are hiders. The aim is for the spotter to spot as many hiders as possible. The spotter can turn to look in every direction, but they cannot move away from their starting position.
2. The spotter stands still with their eyes closed and begins to count down from 30 slowly. Everyone else runs and hides.
3. At the end of the countdown, the spotter opens their eyes and tries to spot hiders. They have to name the hider or describe what they are wearing for them to be "found". When a hider is found, they come out of hiding and stand near the spotter.
4. When the spotter has named/described everyone who they can see, they close their eyes and begin counting down slowly from 25. Every hider (whether they were found or not) has to run to the spotter, gently touch (not push) them and say "P" before running to hide again.
5. Keep playing, with the countdown decreasing by 5 each time.



### TOP TIP

Keep the game moving by encouraging the spotter to start the next countdown promptly rather than spend ages trying to spot the last few hiders.



### SAFETY

Keep reminding children to watch out for trip hazards.





# Bucket Netball

## SET-UP

Place an upturned bucket at each end of the playing area. Use the rope to make a small circle around each bucket.

## TO PLAY

1. Split the group into two teams. Give each team a set of coloured bibs to wear.
2. One child from each team stands on each bucket. This child is the "net". If this child catches the ball, it is a goal.
3. No one may stand inside the rope circles. This ensures that players have to throw the ball to the net, and stops defenders crowding the net.
4. As in netball, you can't run while holding the ball. Once you have the ball, you must stop and pass to a team member.
5. This is a non-contact game, so no one can stand within a pace of the person holding the ball. You can't knock the ball out of their hands.
6. Dads have a height advantage! They should play for the benefit of the children. Adults can only throw to children, not to other adults.
7. Change over the net catchers frequently. Check that every child is being thrown the ball.



### TOP TIP

Encourage the children to run into a space and not to crowd the ball.

*This game is difficult to run, as it quickly isolates those who aren't good at sport. A strong leader is needed, who will work hard to keep it inclusive and fun for everyone. You could add a rule that every member of the team has to have handled the ball before a goal can be scored.*

