

# RECONNECT: OUTDOOR FUN + GAMES



## ALL SPORT GOLF

**Aim:** The aim of the game is for the young people to be able to play a round of golf using a variety of sporting equipment.

**Time Needed to Play:** Varies greatly, depending on the size of your course!

**Setup:** Set up the mat (which will be your putting green!) far away from the starting location, with the bottle on its side it to serve as the golf hole. Each young person on a piece of paper writes down each piece of sporting equipment available to use (but not the snooker cue and cue ball).

**Playing the Game:** The young people are playing a 'traditional' game of golf using the sports equipment to get closer to the green (once they are on the 'green' they must use the snooker cue). They can use the equipment in any order they chose but once they have used it, they can not use it again until they have used the rest of the equipment.

YOU WILL NEED:

- Notepad and pen
- A mat
- Snooker cue and snooker ball (this will be for putting!)
- Rounders bat and ball
- A soft-drink bottle with the top cut off
- Football
- Nerf Ball
- Frisbee



*The green and the hole!*

For example:

- Shot 1: Use football to get a lot of distance
- Shot 2: Use rounders bat for more distance
- Shot 3: Use Nerf Ball to get onto green
- Shot 4: Use snooker cue to 'pot' the white ball

The course can be as long or as short as it needs to be, and the young people do not need to choose the same order as their friends. Once a young person has used the equipment for their shot, they run, stand, and remain where their shot landed until their next shot and they cross the equipment off their list. If they have used all their equipment once and are still not on the 'green' they can once again use each equipment a second time. The participant that gets the white cue ball into the drinks bottle in the fewest shots will be the winner.



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## BEACHBALL BATTLESHIPS

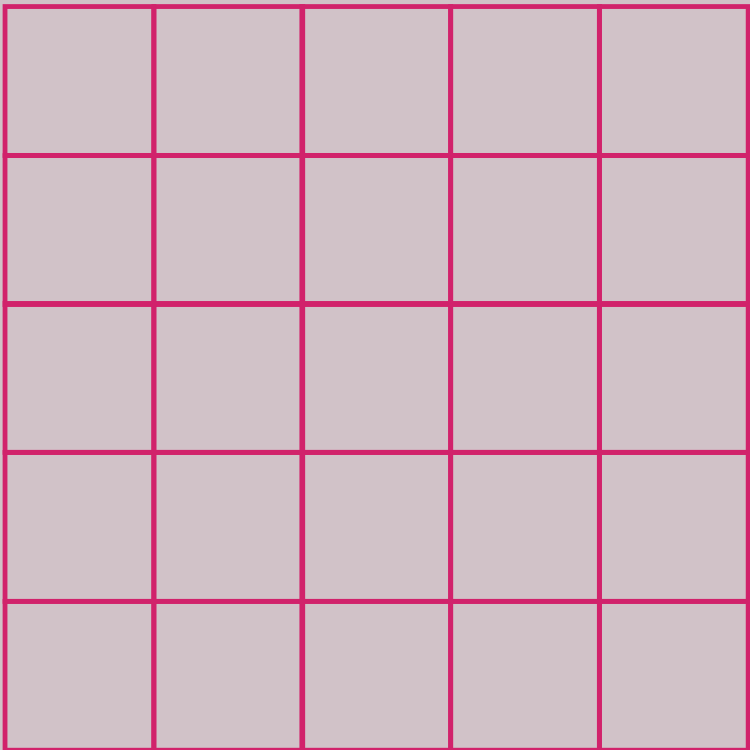
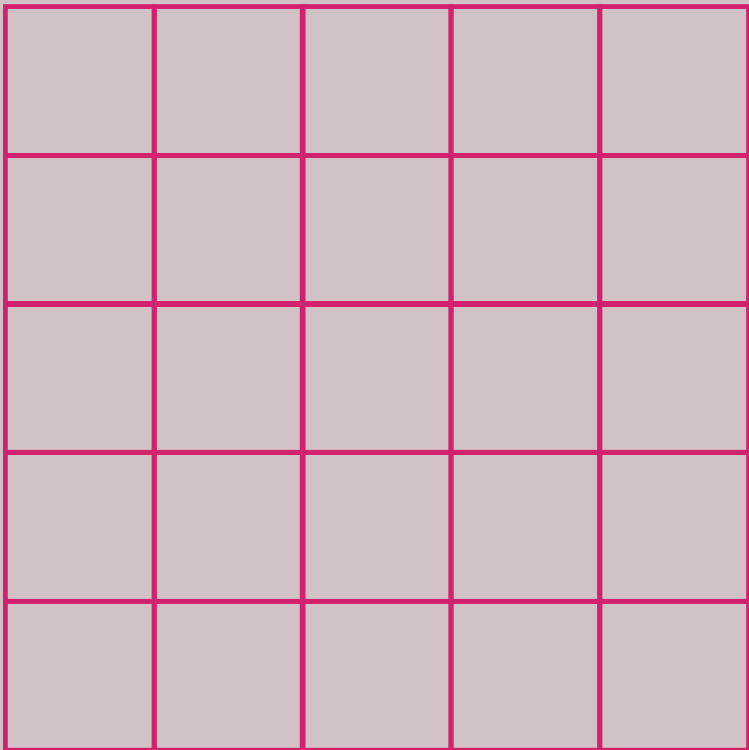
**Aim:** To play a giant game of battleships, encourage hand/eye coordination, improve communication skills, and develop teamwork!

**Time Needed to Play:** 20 - 30 minutes

**Setup:** Create 2 grids with the ribbon and pegs (one for each team with a gap in between) that means that young people will be in their own 2m square to start with.

**YOU WILL NEED:**

- Beachball
- Ribbon and pegs (tent pegs would be ideal) to make a socially distant grid.
- That's it!



**Playing the Game:** Explain to the young people that they are in two teams and that each of them is a battleship, part of a powerful fleet (feel free to ask them what type of boat they are, Submarine, aircraft carrier etc.) They must protect their area of the grid in a sort of game of tennis between the two grids (each square must be allocated to a team member even if a member of the team must cover multiple squares next to each other. If the beachball falls on the ground then the person responsible for that square is out and any squares that they were responsible for, must now be covered by another team member. This continues until all the members of one team are out.

One thing to note: A team member can hit the ball up and it can be hit by another member on their team (similar to volleyball).

**An Extra Challenge!** To make the activity more difficult the areas that each team member start with can be larger or a rule could be introduced that they can only use one hand to hit the ball. Potentially, the group could attempt to work together in silence.

**Review:** Go round in a socially distant circle and ask the young people "What was something we've learnt about ourselves or our team mates?"

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## FOLLOW THE LEADER (BLINDFOLDED!)

**Aim:** To help young people understand the importance of listening to each other's guidance and picking out a voice from the crowd and to building up trust between groups.

**Time Needed to Play:** 20 - 30 minutes, depending on the difficulty of the courses

**Setup:** Prior to the session, a leader can make a course/maze. For the young people to navigate through, there will need to be a maze for each pair/group so the level of complexity will need to be considered. A course can be set up in a hall with tape or on grass with pegs and ribbon. Note: Pathways should not be directly next to another so that if a young person walks off their path, they will not walk into another participant's route and have physical contact.

**Playing the Game:** The objective of the game is for a young person to guide their blindfolded partner/ another member of their group from the start of the course to the end (only one participant may be on a course at a time). The blindfolded young person must pick out their partner's voice amongst the others who will also be giving instructions.

**An Extra Challenge!** To make the activity more difficult after everyone has had an opportunity to be blindfolded, blindfolded participant can be made to carry something such as a plastic cup with water in each hand or a bowl of ping pong balls above their head. If applicable, a new route may be created by moving pegs around the grass or laying down more tape in a room.

### Review:

- What would you do differently next time?
- Were there any other ways that we could communicate with each other?
- Who was a good listener? Who was a good instructor?

YOU WILL NEED:

- Pegs and ribbon to mark a pathway.
- Equipment for tasks that blindfolded participant can do, e.g cups to carry water, bowl to carry ping pong balls.
- Blindfolds so that each participant can have their own for the session (no sharing and encourage the young people to remember what colour blindfold they are given).

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## DRAGONS' DEN

**Aim:** To encourage the young people to be creative with their 'sales pitch'

**Time Needed to Play:** 20-30 mins depending on the number of groups.

**Setting Up and Playing the Game:** Explain to the young people that they are going to have to be creative and use their imagination to sell a 'random item' to the 'dragons' (these could be other adult helpers of the group leader if there is only one adult). Explain that the item can be whatever they want it to be except what it already is. For example, each group could be given a golf ball:

- Group A: "This is a transportation device for ants"
- Group B: "This is a cybernetic eyeball that can provide the user with instant access to the internet."
- Group C: "this is a GPS transmitter for locating blockages down the toilet!"

Split the young people into groups of 4 or 5 and ask them to sit in a socially distanced circle facing each other. Give each small group a 'random' item and allow them time to work together to come up with a 'sales pitch' for the dragons. Inform the group that they will be questioned on their item and will possibly need to think about future developments for their new invention.

Young people may choose to present their invention in the form of:

- A tv or radio commercial (encourage social distancing if they are acting)
- A boardroom style proposal
- A song
- Some other creative way!

After the allocated time, call all groups together (whilst socially distancing) and allow each group to present their idea to the dragons and the rest of the young people. After each sales pitch, ask a few questions if possible, to force the young people to think on their feet. If appropriate, allow other young people to ask questions of the group's invention. After all groups have presented, allow dragons time to decide who has won.

### Review:

- What would you do differently next time? (try to encourage more than a simple "choose another product to sell")
- Do you think you would present in a different way? Why yes or no?
- Who was a good listener? Had creative ideas? Best actor? Etc.

YOU WILL NEED:

- Random objects that each group will try to sell to the 'dragon(s)'. The game works best when all the groups have the same or a very similar item. Each small group will need their own physical item.