

# Grab a game



WE DISCOVER, WE GROW

Girlguiding

Walk, weave or wiggle - however you choose to move, keeping active helps us all to stay happy and healthy. These simple game ideas offer lots of different ways to use the equipment from your sports bags, as well as your imaginations, to have fun and get active!

Before doing any type of activity involving lots of movement, it's important to make sure our bodies are nicely warmed up, our heart rate's increased and that we've got enough space to do the activities safely - either indoors or outside.

You can adapt any of these activities to suit the needs or numbers of those taking part and the space you have available. For older members, you may want to change the language or even use these games and the equipment in your bags as inspiration to come up with your own ideas.

## Top tip

Throwing, dribbling, bouncing, hitting, jumping and balancing are just a few ways to get moving whilst developing skills and having fun. Get creative with circuit stations, obstacle courses or relays to use your equipment in different ways.

## Space rangers

10 mins

### Aim of the activity

Can you work together to get the stars from outer space and back to their right galaxy? Watch out for the aliens though!

### What you'll need

- A large, clear space
- An equal number of items in 4 different colours or shapes, eg cones, hoops, bats or balls - these are your stars
- Markers (optional)

### What to do

- 1 Scatter your stars across outer space. Imagine four galaxies as far away from each other as possible, one for each colour or type of star. You could mark these with hoops, cones or chalk.
- 2 Choose two aliens. Everyone else is a space ranger.
- 3 Space rangers, your job is to return all of the stars to their matching galaxies. Aliens, you want to keep the stars in outer space so you must stop the space rangers returning them to the galaxies. Do this by tagging the space rangers who will then join your alien team. You can also steal the stars back from the galaxies and return them to outer space. The stars are hot though, so count to a maximum of three before passing or dropping them.
- 4 The game is over when everyone's an alien, or when all of the stars are in the right galaxies.



### Try it this way

- Add in some safe zones where space rangers can't be caught by aliens or work in pairs to help each other out.
- Space rangers can tag aliens too. If tagged, you're frozen until another alien tags you back into play.
- Space rangers are not allowed to move with the stars - how will you work together to get the stars to the right galaxies?



# Treasure island

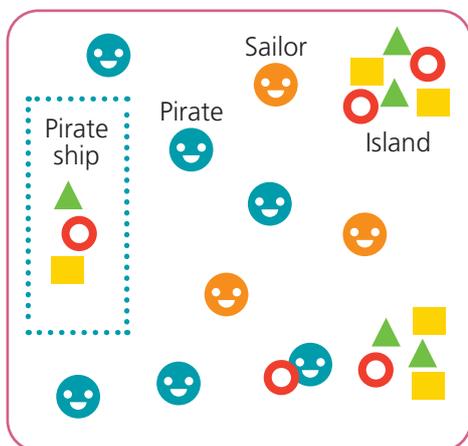


## Aim of the activity

Ahoy there! Work as a team to collect treasure and sail off with it on your pirate ship. Keep watch for those sailors though - they won't give up their treasure easily...

## What you'll need

- A large, clear space
- Markers, chalk or a table
- Equipment from your sports bags
- 4 soft balls - these can be used as cannonballs (optional)



## What to do

- 1 Create a pirate ship with markers, chalk or a table at one end of your room or space. Next, pile up your sports equipment to make treasure islands, dotted across the sea.
- 2 One third of you are sailors, guarding your treasure. The rest of you are pirates, starting off on your pirate ship. How many bits of treasure can the pirates collect and return safely to their ship?
- 3 Pirates, if tagged by a sailor you must go back to your ship and start again, returning any treasure you've collected as you go. Sailors, you can recover the treasure from the pirate ship and return it to an island. Watch out for the pirates though - if you get tagged you have to stay frozen until another sailor tags you and sets you free.
- 4 The game is over when all the treasure's on the pirate ship.

## Try it this way

- Mix up the teams, and instead of tagging, each team has two cannonballs - these can be used to tag the other side and stop them in their tracks!
- Reduce or increase the number of sailors in the game or work in pairs to help each other out.
- Pirates, you're only allowed to collect treasure from one island each - how will you work together to seize the treasure now?

# Speedy games



## Target practice

How good is your shot? With this simple game, think of different ways to hit a target.

Use cones, markers or hoops to create different targets. Take turns to throw, kick or roll balls or bean bags into the targets.

You could change the size or distance of your target, play in pairs or as a team.

How about agreeing on a score for each target - can you keep count of your score as you take turns to have a go?



## Bean bag relay

How well can you balance? Try relay racing with a difference, just don't drop the bean bag!

Balance a bean bag on any part of your body and relay as a team - if you drop the bean bag you must go back and start again.

How about creating obstacles as an added challenge? Perhaps hoops to go through, round or over, or set places to jump, hop, or sit down in.

Get creative with setting out your course!



# Foxes and rabbits

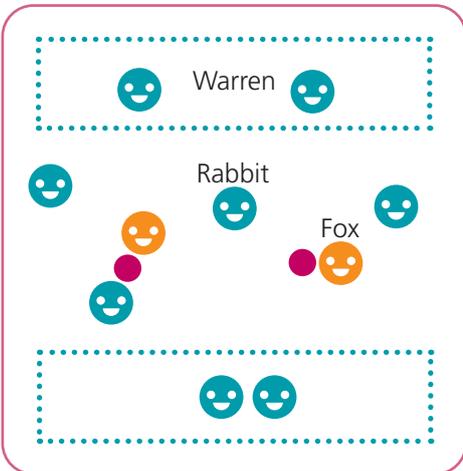


## Aim of the activity

The rabbits want to travel between warrens to see their friends - but the sneaky foxes are out to spoil their fun. Can the rabbits get across safely? May the best animal win.

## What you'll need

- A large, clear space
- Cones, markers or chalk
- Soft balls or bean bags, at least 2



## What to do

- 1 Create a rabbit warren at each end of your room or space, using markers or chalk.
- 2 Most of you are rabbits, so hop on over to one of the warrens where you'll be safe. Two of you are foxes though - you're not allowed in the rabbit warrens.
- 3 Rabbits, you want to visit your friends in the other warren. Foxes, your job is to stop them. Each fox will have a ball. Gently throw this to touch the rabbits below the knee when they're outside their warren. Rabbits, if you manage to get hold of one of the balls, you can stop the foxes too by doing the same thing. If a ball touches you below the knee, you must join the other team - this means rabbits become foxes, and foxes become rabbits.
- 4 Will there be only one fox or one rabbit left? The game is complete when everyone's either a fox or a rabbit.

## Try it this way

- Think of different ways to move yourself and/or the ball around as you go.
- The ball must bounce before it touches you, otherwise it doesn't count.
- Another ball is introduced part way through the game. How will you work together to protect your teammates now?



## Red light, green light

How fast are your reactions? Listening and watching carefully are key in this game.

One of you will need something green and something red to hold at one end of your space - everyone else, head to the other end. When the green item is held up and called out, move forward. When it's red, stop still. If you miss an instruction go back and start again.

How about calling red and a number between one and four? Now stop and balance with that number of points of contact with the floor.



## Frogs on the road

Why did the frog cross the road? To stop the cars completing their journey!

Mark out a long road and get into two groups. One group will be the cars, with half each end of the road. You'll be relaying up and down the road until you're back in your starting position.

Everyone else is a frog at the side of the road. Frogs, keep count of how many times you can hop across the road before the cars complete their relay. If tagged by a frog, cars must go back to the start of the road and try again.

# Chain tag

 10 mins

## Aim of the activity

Can you make a chain that can't be broken? Work as a team and see if you can make the longest chain in this fun game.

## What you'll need

- A large, clear space
- 4 soft balls or bean bags
- Cones, markers or chalk (optional)



## What to do

- 1 Get into groups of two or three and hold hands (or hold onto a shared item) to make a chain that can't be broken.
- 2 Two groups will have a ball or bean bag at each end of their chain - you're the tagger chains.
- 3 Tagger chains, you need to grow your chain by gently tagging someone with your ball or bean bag. The tagged chain then joins you.
- 4 When only two tagger chains remain, it's head to head! Who can tag the other without getting tagged first? The game is complete once everyone's part of one tagger chain.

## Try it this way

- Have a go with just one ball or bean bag per tagger chain.
- Make it harder by gently throwing the ball or bean bag to tag, or by creating safe zones with markers.

# Over and under

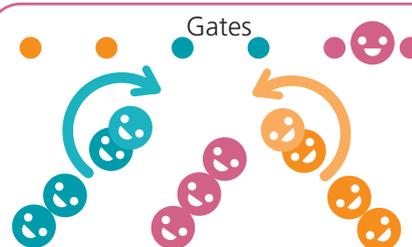
 10 mins

## Aim of the activity

Go over and under each other to move towards, and through, your team's gate. Can you help each other to move forward as a team?

## What you'll need

- 2 cones or markers per group to create gates
- One bean bag or ball per group (optional)



## What to do

- 1 Get into equal size teams of about four and then line up behind each other at one end of your space.
- 2 At the other end, mark gates for each team, about 1m wide.
- 3 If you're at the back of your line you'll need to go over and then under your teammates in turn, until you get to the front of your line. Repeat to move your team forward in a straight line. Keep going until everyone's through your gate.
- 4 Watch out for the other teams though - they may get in your way! The game is complete when everyone has passed through their gate.

## Try it this way

- How about weaving in and out of your teammates instead?
- Try passing a ball or bean bag in the opposite direction (ie under when you go over), then passing it back down the line when you get to the front.

For more ideas around inclusion, risk assessing, skills development and ways to use your equipment linked to our programme, visit [girlguiding.org.uk/grab-a-game](http://girlguiding.org.uk/grab-a-game)

These sports bags were made possible thanks to Sport England and National Lottery funding.

