

Active Games

Newspaper Shuffle

Equipment: Several newspapers

Description: The players are formed into two teams sitting in a line facing each other. The leader takes one newspaper per player and re-arranges the pages. The newspapers are handed out and on the word 'go' they must try to put the pages in the correct order. The first team ready wins.

Twin Tag

Equipment: None

Description: Players form into pairs which one player holding the waist of the other. One pair is 'it' and must chase the other pairs. If another pair is tagged they become the chasers. If the pair is separated they are not allowed to tag anyone until they join up again.

Shoe Bundle

Equipment: None

Description: Players remove their shoes and pile them in the middle of the room all mixed up. The lights are turned off and the players must try to get their own shoes and put them on in the given time before the lights come back on.

Instant Groups

Equipment: Pack of cards

Description: Each player is given a card (take out the right number of cards depending on the number of players first). The leader calls out a grouping such as "Four of a kind". Then all four players holding aces would find each other and sit down, all four queens would do the same and so on. Other groupings can be called.

Sinking Island

Equipment: Chalk or Groundsheet

Description: An island is marked with the chalk or groundsheet. When Go is called the players try to stand on the island. When the leader calls 'stop' any player not on the island is out. The players get off the island and it is then shrunk and the game repeated. Play continues until only one player is left.

Not in my half!

Equipment: Many bean bags or paper balls

Description: Divide the room into two halves and have a team in each. A number of bean bags (or rolled up paper balls) are given to each side. When the game starts the players try to kick the bags as fast as possible into their opponents half. When the signal is given to stop the players immediately freeze (award a penalty point for any movement) and the number of balls in each half is counted. The team with the least number in their half win.

The Monster

Equipment: Large bag, ball on elastic

Description: A large bag is placed over one of the players and holes are cut in it so that they can only see out to the front and so that they can put their arms through the bag. This monster then holds the ball on the piece of elastic and tries to kill the other players by hitting them with the ball (while holding on to the other end of the elastic). Play continues for a set time or for a set number of kills and the monster is changed.

Flying Carpet

Equipment: Old carpet

Description: The players are divided into two teams. The carpet is placed in the centre of the room. One team has to try and get the carpet to their corner of the room and other team must try to hold on to the carpet. After a certain time the teams swap roles

Spiders Web

Equipment: Rope, chalk

Description: The rope is attached to the roof and the other end is tied around the waist of one player (using a bowline) who is the spider. A circle is marked out on the floor (as far as the reach of the spider) and all the other players must remain within this circle. The spider tries to catch the other players, the flies, by touching them with their hand or the rope. Those flies that are caught leave the circle. The last player left in the circle wins and becomes the spider.

Heads I Win

Equipment: Two balls

Description: The players are divided into two teams and each team has a ball. The game starts by throwing the ball high into the air. The idea of the game is to prevent the ball from hitting the ground. No player may touch the ball more than twice in a row. When the ball hits the ground that team is out and the other team score a point. Play continues for a set time and the team with the highest score wins.

Squat Tug

Equipment: Chalk, short rope

Description: Mark out a circle in the middle of the room about 3 or metres wide. Two players squat within the circle holding the rope. The object of the game is to get the other player to put any part of their body outside the circle or to let go of the rope.

Blind Bulldog

Equipment: Blindfold, pillow, chalk or rope

Description: Mark out a rectangle in the middle of the room about 3 metres wide. One player is blindfolded and stands in the centre of the rectangle armed with a pillow. The other players have to try to get from one end of the room to the other without being hit by the pillow. Play continues until only one player is left running who then takes a turn at being blindfolded.

Variations: Have the players hop down the rectangle and if they put a foot down they are out.

North-East-South-West or Deck and Life

Equipment: None

Description: Four corners of the hall are designated as Deck, Life (opposite each other) and Port and Starboard. The players all begin touching the Deck end of the hall. The leader stands in the middle of the hall can calls various commands. If the leader calls a position (e.g. Deck!) the players must rush to that area. The last person to execute the command, or any spare people from making a group are out. Play continues until only one player is left

Variations: If you prefer them to learn something useful, use North, East, South and West as the designations and related calls (e.g. Northeast)

Notes: Scrub the Decks - Pretend to scrub the floor on hands and knees

Climb the Rigging - Pretend to scale a rope ladder

Submarines - Lay down flat on your back with a leg (periscope) in the air

Enemy Aeroplanes - Run around with arms (wings) outstretched making appropriate noises

Captain's Lady - Stand to attention, salute and 'dogwhistle'

Lifeboats of (number) - A group of (number) players must sit on the floor with legs outstretched (one behind the other in a line as in a lifeboat) and 'row'

Man Overboard - Each player must find a partner and pick them up off the floor

Captain's Aboard - Everyone must form a line in front of the leader, stand to attention and salute

Freeze - Err, freeze where you are!

Faster - Err, do whatever you are doing faster.

Man the Lifeboats - mime rowing in groups of three

Spud

Equipment: Ball

Description: Each player is assigned a number. One player throws a ball as high as they can and calls out a number. The player whose number is called catches the ball as the rest of the players run away as fast as possible. Once the called player catches the ball, they call "Spud!" at which time all retreating players are to stop dead in their tracks. The player with the ball then attempts to hit another player with the ball. The other players are still not allowed to move. If a player is hit they get to retrieve the ball while the rest of the players move away. The player who was hit is also given a "spud," or a point. If the player is missed, the throwing player chases after the ball and gets a spud. Once the ball is retrieved, the game begins again, with the number called and the ball thrown. The player with the least number of spuds at the end of the game wins

Variations: The player with the ball is allowed to take three long steps so that he can get as close to the nearest player as possible. The scout being shot at is allowed to twist and bend, but may not move his feet. A player is not given a spud, but a letter (s, p, u or d). When they have the full set of letters they must stand against the wall while the other players line up to throw the ball at them. If any player misses they must stand against the wall as well

Sticky Glue

Equipment: None

Description: A number of players are chosen to be 'it'. The remaining players must hold a finger of one the 'it's. A selected person who is doing the adding begins by saying "I went to the shops today and I bought...." For various items. This is repeated until he says the words "sticky glue" at which point everyone has to let go of their fingers and run away. The people who are on it then attempt to add the others by touching them. Those who are caught must stand still with their legs slightly apart. They can only be freed if another players moves underneath their legs. Play continues until everyone is caught or until a set time limit.

Variations: When caught players stand with their arms out, and the others simply run under their arms to free them.

Non-Stop Cricket

Equipment: Ball, Bat, 'Stumps'

Description: The players are divided into two teams. The batting team line up near the stumps, the first person taking the bat and standing by the wicket. The bowler must stand at a set point and throw the ball underarm. The batter attempts to hit the ball. If he hits the ball (with the bat) he MUST run to the stump and back to score a run. Meanwhile, the fielding team must get the ball back to the bowler as quick as possible (if they have not already caught the batter out). Only the bowler can bowl the batter out (by hitting the wicket with the ball). If the batter is out for any reason the next person must immediately step up and take over. No pause is allowed for this change over and the fielding team play as fast as possible. If that player is out then the next batter steps up and so on until the whole batting team is out, and then the teams swap sides and begin again. Play continues for a set number of innings (i.e. turns at batting/fielding) or to a time limit. The highest scoring team wins.

Variations:

Notes: A run will only be counted if it came off the bat. No obstructing the runners. Changeover is immediate, if you are out before you can pick up the bat, tough! If the ball comes off a wall or roof, you may only catch it with one hand. You only score a run if you make it to the stump and back

Chinese Hand Ball

Description: The idea of the game is to hit someone below the knee with the ball. You are not allowed to pick up the ball, only to hit it with your hand. Once you have touched it once, someone else must touch it before you can hit it again. If the ball goes above waist height and someone catches it, the person who knocked the ball up is out. You are not allowed to 'drag' the ball or to pick it up. You are out if you touch the ball twice in a row also. No kneeling on the floor is allowed.

Variations: Various number of lives. Play in teams. Play with more than one ball

Dodge Ball

Description: Dodge ball is a very simple game. If the ball hits you, you are out. The leader normally is the only one allowed to touch the ball.

Variations: Different parts of the body may be the target area. Change the target area regularly. Those that are out may join the team allowed to throw the ball. Various number of lives. Play with more than one ball

Running Round in a Circle

Equipment: Ball

Description: The players simply run round the outside of the hall in a certain direction. If the ball touches any part of their body they lose a life. At certain intervals the leader may call out something that the players have to do whilst moving round in the circle. Play continues until the last player is left.

Notes: Suggested Actions - Run, walk backwards, hop, skip, crawl, scream, quiet etc. 3 lives is a sensible number to begin with.

Death

Equipment: Ball

Description: The players move around the hall trying to avoid the ball. They are allowed to pick up the ball once it has stopped moving, and then throw it. If the ball hits any part of your body you are unable to use that part (e.g. hits arm - put arm behind the back, legs - must crawl around). If the ball touches your head you have been killed and you must sit out the game. Play continues until a time limit or until last player is left

Steal the Gold

Equipment: Chairs, Cups

Description: The players are divided into groups, each group has a chair and are placed around the hall. A set number of cups are placed on each chair and on one chair in the middle. The aim of the game is to get a certain number of cups on your own chair. The group goes one player at a time. Players are only allowed to carry one cup at a time, but they may get this cup from any chair. Player contact is not allowed.

Notes: A sensible number is 3 cups on each chair, and aim to get 6 cups to win (Depending on the age, and distance between chairs etc.).

Bomb

Equipment: Beanbag

Description: The beanbag represents a ticking bomb. The players run around trying to avoid the bomb. At certain intervals the leader blows the whistle. The player holding the bomb at that time is 'dead'. The bomb can be passed on by a player touching another player. If you are touched you must accept the bomb. Play continues until the last player left in.

Fill the Basket

Equipment: A large container, lots of balls

Description: The cubs try to get as many balls in the basket as possible. The leader guards the basket and tries to throw the balls as far away as possible!

Tail Grab

Equipment: 1 Rope (or strip of newspaper) per Cub

Description: Each Cub has a 'tail', either a rope or strip of paper that they tuck in their shorts. They are then let loose and try to catch the tails of other cubs. If they have their tail caught they must sit out. The six with the most tails caught at the end wins.

Variations: Have the Sixer in each six doing the catching, all the other cubs must avoid. The six with the most tails wins. If a cub is caught they go to an catchment area. If their Sixer gives them a tail they may rejoin the game. Any cub that is caught may rejoin the game by going to the leader who has a ready supply of tails.