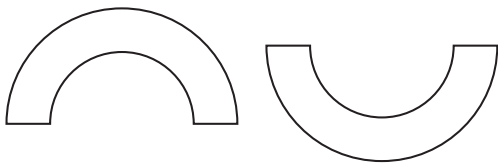


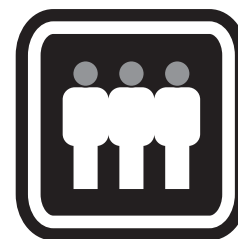
VOLCANOES AND CRATERS/ DISHERS AND DOMES

Split your group into two teams and give them one of the names above. Scatter button cones around the area, with ones of the same colour set up in one of the ways below. The teams then have to race against each other to turn the opponents cones the other way around, whilst protecting their own team cones. The team with the most cones the correct way round at the end wins.



LADDERS

Split group in half and have two lines sitting facing one another with their toes touching. Each pair has a number. When their number is shouted they have to run up the middle of the ladder, around the top, and up through the middle back to their place. Whoever sits down in the correct place first is the winner. You can award team points and/or make the looser do a forfeit.



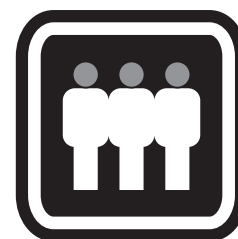
CRAB FOOTBALL

- EQUIPMENT:** Indoor football or other soft ball, benches or cones for goals, bibs.
- NUMBER IN TEAM:** For safety no more than seven, depending on size of area.
- LAYOUT:** As in football, two sets of goals.
- RULES:** You must play in a crab position – no standing up. You are not allowed to use your hands unless you are the goalkeeper. You need to try and score more goals than your opponents.
- SAFETY:** Safety is paramount in this game.

SEATED VOLLEYBALL

(Suitable For Disabled Participants)

- EQUIPMENT:** You need a lightweight volleyball or balloon ball, a lowered volleyball/badminton net.
- NUMBER IN TEAM:** Up to six players per team depending on size of court.
- LAYOUT:** One team either side of the lowered net.
- RULES:** You must keep your bottom in contact with the ground at all times. Your team are allowed three touches on your side with the third one going over it. You can allow one bounce per side if you want.



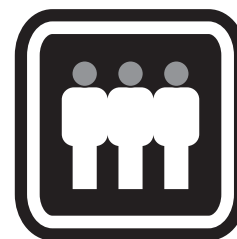
HANDBALL

(For Learners)

- EQUIPMENT:** Two sets of goals, semi-circles, bibs, appropriate ball – pink volleyball/sponge ball.
- NUMBER IN TEAM:** Five per team with subs if needed.
- LAYOUT:** Goal either end with semi circle around it.
- RULES:** Not allowed to run (if small space), or limited steps if space is okay. You are not allowed in the semi-circle unless you are the goalkeeper. You can jump and shoot from outside the circle, and land inside it as long as you have released the ball before you land.

BENCHBALL

- EQUIPMENT:** Two benches, ball and bibs.
- NUMBER IN TEAM:** No more than six.
- LAYOUT:** One bench either side of the hall about two metres away from any walls.
- RULES:** One person on your team should stand on the bench to catch the passes for your team. You are not allowed to run with the ball, and to score a goal your player on the bench must catch a pass without coming off the bench.

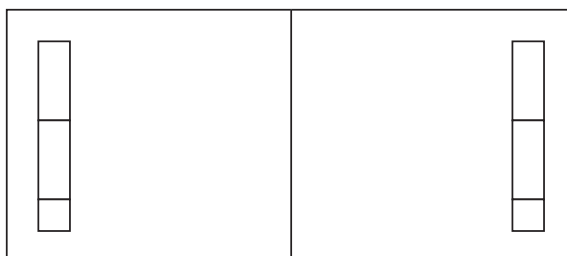


DUNGEON BALL

EQUIPMENT: Various soft balls – pink volleyballs, soft tennis balls etc., benches/cones to halve the area, mats/cones to make the dungeon.

NUMBER IN TEAM: Unlimited depending on size of area

LAYOUT:

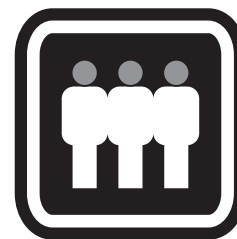


Split the balls between the two groups to start with.

RULES: You have to try and get all of the opposition into your dungeon. To do this you must hit them below knee height. To be freed from the dungeon, you must catch a ball thrown by a team mate whilst standing in the dungeon area. You are not allowed to kick the ball.

EXTRAS: To make it more interesting you can add forfeits when one team is struggling to free their players e.g. sing a nursery rhyme to free all your players, do 10 press ups etc.

SAFETY: Safety is paramount in this game.

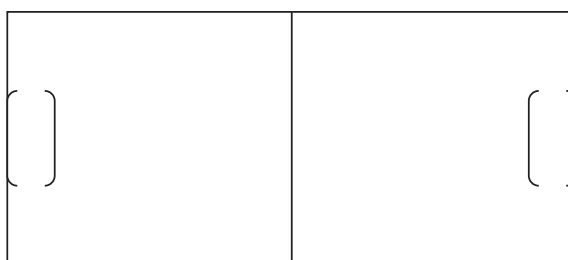


HEEDIE HANDBALL

EQUIPMENT: Two goals, court markings, bibs and a suitable ball for throwing and heading.

NUMBER IN TEAM: Up to five per side on court – could be seven with rolling subs.

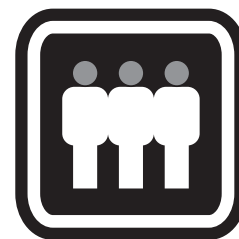
LAYOUT:



You need to have a court with two semi-circles – one at either goal (could be marked with cones).

RULES: You can only score a goal using a header – you could allow players to ‘set’ themselves up if you want. This must be taken outside of the goal circle. You are not allowed to run with the ball and there is a no contact rule.

SAFETY: Safety is paramount in this game.



GOALBALL

(Suitable For Visually Impaired Players)

As its name suggests, goalball is a ball game. It is also a team game but it has three characteristics that distinguish it from all other team ball games by sighted people.

Firstly, it is played with a ball containing bells, so when it is in motion its position can be determined by listening. Secondly, it is played on a court with tactile markings that enable the players to determine their position by touch. Thirdly, all the players wear eyeshades which completely block out any residual vision that they may have so all have equal sight advantage – none!

Playing The Game

There are three players on court for each of the two teams. Each team occupies one end of the court, defending their goal. The object of the game is to throw, or rather *bowl* the ball into the opponent's goal.

Starting Play

Play starts with the centre player of one team having the ball. This player can either pass the ball to one of their team-mates, or have a shot at the opponent's goal themselves.

What Happens Next?

Unless an infringement is called, there are four possible outcomes:

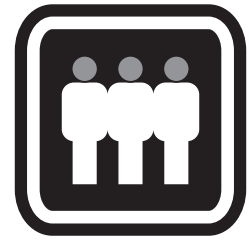
- The ball passes over the opponent's goal line – GOAL!
- The ball passes out of court to one side or the other – OUT is called and the ball given to the defending team.
- The ball is deflected out of court by a defender – BLOCKED OUT is called and the ball given to the defending team.
- The ball is caught by a defender who then becomes the attacker.

How Long Does A Game Last?

Time limit is 10 minutes each way. This may not sound very long, but the clock runs only whilst the ball is actually in play.

How Do You Win?

By scoring more goals than your opponents in the time allowed.



POTTED SPORTS RACES

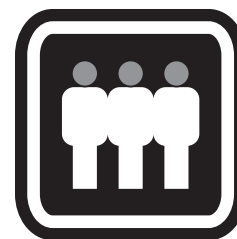
(Suitable For Multiple Teams)

Done with large groups and uses whatever equipment you have to hand – if any! Split the group into even teams and mark off the line(s) the races are run to.

Races you could do:

- Run to the line and back.
- Hop to the line and back.
- Run to first line, and back second line, and back third line, and back.
- Side step to line and back.
- Run backwards to the line and back.
- Dribble ball to line and back – either a football dribble or basketball dribble.
- Crawl to line and back.
- Use hula hoop to skip to line.
- Put hoop over, step into it, and repeat to line.
- Hoop round foot and back.
- Put a bib in the hoop, run to hoop put it on then next person put bib on and leaves it in the hoop.
- Hop scotch.

If you have a basketball or other type of sports ball you can do the following races; over and under, hurdles, tunnel roll, zig-zag etc.



PARACHUTE GAMES

(Co-operative Game)

Cat and Mouse

Everyone sits with their feet under the parachute. There are two people under the parachute – they are the mice, and two on top of the parachute – they are the cats. The people around the outside of the parachute shake the parachute to create waves as the mice move around under it. The object of the game is for the cats to catch the mice.

Fruit Salad

Everyone stands holding a coloured section of the parachute. They are then given a fruit name e.g. all yellows are bananas, blues are grapes, reds are apples and greens are oranges.

The group then shake the parachute making big waves.

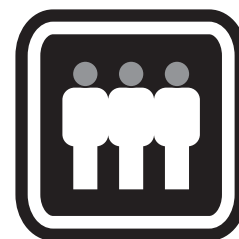
When a fruit is shouted, all the people in that group swap places. If FRUIT SALAD is shouted everyone changes places.

This can also be done with colours and when RAINBOW is shouted all swap.

Sharks

Everyone sits with their feet under the parachute. There are two people under the parachute – they are the sharks. Their job is to pull people under the parachute. As well as the sharks there are two lifeguards who have to save the people from getting pulled under.

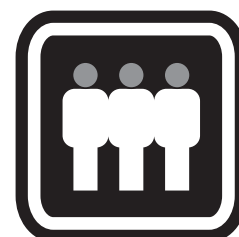
SAFETY: Always remember people's safety in these games. Plan and remind all participants about rules and risks.



LACROSSE

(Basic Game With Adapted Rules)

- EQUIPMENT:** Pop lacrosse sticks (plastic ones), bibs, goals, lacrosse ball, cones.
- NUMBER IN TEAM:** Up to 15 per side, depending on the size of the pitch.
- LAYOUT:** One goal either end of the pitch, with a circle of cones around it.
- RULES:** Limit the number of steps that the player with the ball can take. You are not allowed in the circled goal area unless you are the goalkeeper. You can tackle the player with the ball by hitting the basket (plastic) part of the stick only.



ROPE GAME

Get two lengths of rope approximately two to three metres long. Get teams of six to hold onto the rope and then tie a knot as demonstrated on another piece of rope – without team members letting go! This can be made simpler or harder depending on the type of knot to be tied, and can be a race between any number of teams.