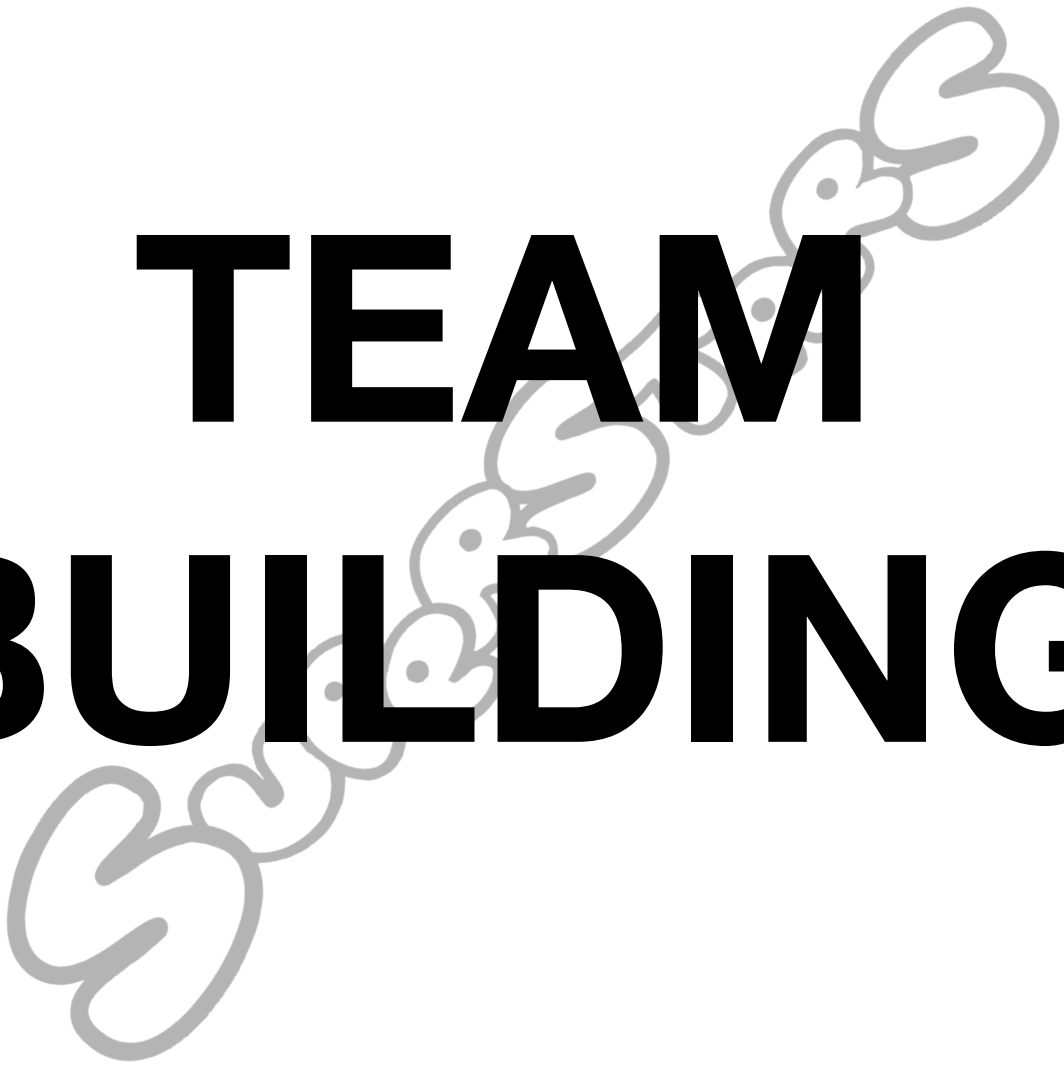


TEAM BUILDING



Project the VIP

Equipment: Bibs and Cones

How to play:

Get the children into groups of 5-6 or one big group. Select one child as the VIP (has bib) and another as the chaser. With the chaser on the outside, the rest of the children including the VIP joining hands to make a circle, the chaser starts on the outside furthest from the VIP. When the coach says go the chaser must go around the outside of the circle to tag the VIP whilst the rest of the group work together to rotate the circle, protecting the VIP

Progressions:

- Place a cone in the centre of the circle to stop the circle from moving too far
- Add multiple chasers and or VIPs

Balloon Keeps Ups

Equipment: Balloons

How to play:

In groups or as one large group a balloon is thrown into the group and they must stop it from touching the ground.

Progressions:

- Add more balloons
- Limit which parts of the body they can use
- Limit the area the ballon(s) must stay in

Hula Hoop Circle Races

Equipment: Hula Hoops

How to play:

In small even groups have the children form circles by holding hands. A hoop is then places between 2 of the children's hands, resting on one of their wrists. The game is to get the hoop around the circle without the children breaking the circle (letting go of their hands)/ Their whole bodies will go through the hoop one at a time until the hoop is back at the starting point.

Progressions:

- Must complete with no talking
- Make one circle with everyone in and place 2 hoops at either side, goal is to get one to over take the other

1 Finger Hula Hoop Challenge

Equipment: Hula Hoop

How to play:

In small groups place a hoop in the middle and the group must lift their hoop only using 1 finger each. The hoop must stay parallel to the ground and not go wonky.

Progressions:

- Must complete with no talking
- Have the groups lift their hoops and then set a new place for them to set it down

Human Knot

Equipment: None

How to play:

As one large group get them to form a circle. They then all put their right hands in and find someone on the other side of the circle to join hands with. Then the same with their left hands. Now without letting go they must untangle the knot to make a circle.

Progressions:

- Choose 1 leader who can speak whilst everyone else cannot

Cross the River/Floor is Lava

Equipment: Flat Markers and Hula Hoops

How to play:

Mark out a starting point and an end point with hoops, giving the teams less markers than team members. They must work together to get from one side of the other without touching the groups (use the markers). Object is to get everyone from their team from one side to the other along with origin all the makers wit them.

Progressions:

- Choose 1 leader who can speak whilst everyone else cannot