



**Scouts**

**Blackpool**



**Games and Activities for Outside**

# Games

## Foot Golf

**Type:** Individual

**Equipment:** One football per person  
**Setup:**

Use rope circles for 'holes' around an area

**Extra Measures:** Never use your hands to touch the ball. Young people could bring their own.

**Description:**

Footgolf is a mix between football and golf. Players kick a football into a container or box (the hole) or a marked area in as few shots as possible. Like golf, there could be bunkers, trees, water, hills and other obstacles between the start and the hole. You could even create your own score cards. If the ball goes astray, kick it back to the course rather than touching it with your hands.

## Red Light, Green Light

**Who:** Anyone

**Players:** 15

**Time:** 10 minutes+

**Where:** Outside

**Equipment:** None

**How to play:**

Line up at the starting line! Stand six feet away from each other. I represent the traffic light and you represent the cars.

When I turn around and say, "green light," you can move toward me.

When I turn back around and say, "red light," you must freeze.

If you are caught moving during a red light, return to the starting line.

If you make it past the traffic light first, then you become the new traffic light.

## **SPLAT**

**Who:** Anyone

**Players:** 10+

**Time:** 10 minutes+

**Where:** Outside

**Equipment:** None

### **How to play:**

Players form a circle standing 6 feet away from each other. The leader will stand in the middle.

The leader splats someone by clap-pointing at them while saying, "splat!" That player must duck.

The two players on each side of the player who duck turn and splat each other.

The last player to splat does five jumping jacks and rejoins the game.

If the player who is supposed to duck messes up, he or she does five jumping jacks, then re-joins the game.

## **STICKS**

**Who:** Anyone

**Players:** 15

**Time:** 15+ minutes

**Where:** Outside

**Equipment:** Cones or tape

### **How to play:**

Instruct players to form two lines and stand six feet away from one another.

Place two sticks or rows of cones on the ground.

Players must land on the other side without putting their foot down between the sticks.

After each jump, players go to the end of the line keeping your distance from the person standing in front of you.

The gap between the two sticks gets wider each round.

## **Horse & Rider**

**Who:** Anyone

**Players:** 10+

**Time:** 10 minutes+

**Where:** Outside

**Equipment:** Chair each

### **How to play:**

Players form a circle standing on their chair 2m away from each other. The leader will stand in the middle.

The leader shouts "Go" and then young people jump down and run around the circle clockwise.

They have to run around the outside of the circle keeping apart and jumping back on their own chair.

The last player onto their chair will be out and sits down.

## **Chair Football**

**Who:** Anyone

**Players:** 15

**Time:** 15+ minutes

**Where:** Outside

### **Equipment:**

Footballs

Pens or pencils

A4 paper

Chairs

Something to mark lines (for example, chalk, masking tape, or rope)

Glow-sticks

## How to play:

Mark out a football pitch in your meeting space with chalk or tape. The space should have two halves with a goal (two chairs about three feet apart) at either end. You could also mark a 'time out' zone, for players who leave the pitch.

Split the group into two teams. Teams should pick a team name. Explain that they'll be playing football sitting down and allow both teams time to huddle and talk tactics!

Everyone should take a chair, pick a spot and sit somewhere on the pitch, making sure they're at least 2m away from the other players.

One team should defend one goal and the other should defend the opposite goal. Advise teams to spread out and fill the playing area, if they haven't already. The person leading the activity should referee.

Begin the match. Players should work together, passing the ball to one another with their feet, until they get close enough to score in the opposing goal. Players should only touch the ball with legs or feet and must remain in their chairs in one spot unless they're told to move by the ref. Players can stretch for the ball so long as they remain seated.

You could play two halves, with the teams changing sides at half time. This way, one team can kick off the first half and the other can kick off the second. If there's not enough time to do this, drop the ball between two opposing players to start the match.

The referee should watch the game carefully. Players should be given a 'time out' if they: leave their chairs, kick the ball up into the air or kick an opposing player or their chair. It's up to you how long a 'time out' lasts; it shouldn't be longer than a few minutes.

If the ball rolls to a point where it's out of reach, the referee should pick it up and drop it somewhere between two opposing players, or allow everyone 10 seconds to move their chairs. Make sure the referee is the only person who touches the ball with their hands.

The winner is the team who scores the most goals.

## **Here, there & everywhere!**

### **How to play:**

This has to be the simplest game I have ever seen.

All you do is point to a part of the room/area and say "there!" everyone runs to that point, then you call "here!" all then have to run to you.

Then you call "everywhere!" all have to jump up in the air over and over till you call one of the other commands.

When you think that they have all got the idea, then the last one to do the commands is out.

## **Go for It**

### **Equipment**

This game is against the clock so you need a way of timing it.

### **How to play:**

One Cub stands outside the hall until a Cub is picked to be 'it', then the one outside comes back in on the word GO!

The cub from outside has to find out who it is by tagging all the cub's till the cub chosen as 'it' gets tug. Then the next Cub is picked to go outside. You can keep this on the move by not letting the next Cub continue on passed the 'best time' the Cub with the best time at the end of all turns is the winner.

## **Tommy's out**

**(OR "Your out of here " if there is a Cub called Tommy attending):**

### **Equipment**

A tube/box of Smarties

A plate or two to play

### **How to play:**

One Cub stands outside the hall till one colour of Smarties is picked as 'Tommy'. Then they return & start eating the Smarties one by one. If the chosen colour (Tommy) is picked up the rest of the Cubs shout 'Your out' or 'Tommy's out' then they are out but until that color is picked they keep going & must pick a different color each time.

## Slap Tig

### How to play:

Cub's split in to two teams, each stand at either end of the hall.

One player from team 'A' approaches team 'B' (who are standing with their hands out, palms up) Cub 'A' then 'slaps' one Cub from team 'B' on the hand, Cub 'B' then chases Cub 'A' back to team 'A' if 'A' is caught they are out. If not caught, then Cub 'B' is out.

## Move with the cards

### Equipment

Pack of cards

### How to play:

Cubs sit in a circle on chairs, a leader then turns over a card from the pack & 'tells' each of the Cubs the suit turned over (which they need to remember). When all the Cubs have a suit the cards are turned over one at a time & called out. If your suit is called you must move one chair to the left. If someone is sat on that chair, then the Cub must sit on their knee! (no matter how many people are on that chair already!) winner is the first Cub back to their original seat.

## Lottery chairs/ lottery mats

### Equipment

Dice

Whistle

6) chairs

### How to play:

Six chairs are set out & numbered 1 to 6.

Cubs run around the outside of these chairs until the whistle is blown.

Then they stop & stand beside the nearest chair to them. Then a dice is thrown, any Cubs stood by the numbered chair that corresponds to the dice are out. Last one in is the winner.

## **Head it, Catch it**

### **Equipment**

Football

### **How to play:**

Cubs stand in a circle with a leader in the middle, the leader throws the ball to a Cub & must say 'head it' or 'Catch it'.

The Cub must catch or head the ball depending on the instruction given.

After a short time, the leader shouts 'Switch' then Cubs must do the opposite to the instruction given IE. 'Head it' they must Catch & 'Catch it' they must Head.

## **In the pond, On the bank**

### **Equipment**

A rope or chalk circle

### **How to play:**

Cubs stand on the outside of the circle(pond) a leader shouts either 'IN the pond' (Cubs jump into the circle) or 'ON the bank' (Cubs jump out of the circle) if the leader says it wrong IE:- 'ON the pond' Cubs should stand still.

## **Bucket Ball**

### **Equipment**

Two Buckets & One football

### **How to play:**

This game is a cross between basketball and netball played in teams of any size. But the most important rule is you cannot move with the ball you must pass it on. You score by getting the ball in the opposite team's bucket.

## **Shark attack**

### **Equipment**

A newspaper

### **How to play:**

Some OR all of the newspaper is placed out around the hall in sheets to make the 'islands'.

The Cubs are then asked to run around the islands, when the words 'Shark attack' are shouted the Cubs have to get on to a sheet of paper.

The Cub's that are not on a sheet of paper are out. For the next round some of the paper is removed and the game goes on. AS THE PAPER GETS RIPPED, THE ISLANDS GET SMALLER!! Last Cub in is the winner!

## **Fruit Basket**

### **Equipment**

A Chair for all but one of the player's in a circle.

### **How to play:**

Each player is named after one type of fruit (apple, orange, pear, banana, apple, orange, pear, banana).

The one in the middle calls out one type of fruit, all Cubs of that type of fruit have to change places with the one in the middle by sitting down on one of the empty chairs. The player that is left without a chair is then the one in the middle! And so on! Till at some time a leader calls out 'Fruit basket' then all have to change places, and then you may start again and so on!

## **Light House**

### **Equipment**

A dark room

Large set of keys

A torch.

### **How to play:**

Pick a Cub to be the keeper.

Blindfold the Cub & set them on a chair at one end of the room.

Turn down the lights and put the set of keys in front of the keeper.

One by one the Cubs try to come down the room to take the keys away.

If the keeper can catch them in the torch light they are out.

The next Cub takes a turn till one of the Cubs manage to get the keys or are all out having a go.

## Compass point

### Equipment

Some kind of marker for each of the points of the compass.

### How to play:

The game is very simple as each of the point of the compass are called out each cub must make their way to it. "last one there is out!", Other variants of this game are possible. Just change the name of the points.

## Chair Tag

### Equipment

A ball

A chair for all but one Cub.

### How to play:

One cub stands on the floor all others stand on their chairs. The cubs on the chairs have to tag the cub on the floor with the ball. Passing the ball between them may get the Cub running faster! The Cub on the floor has to avoid the ball as long as possible.

## Take it /Pinch it

### Equipment

9 x plastic cups

4 x chairs

### How to play:

Split the Cub's up into teams of (4).

Number each Cub then in turn each numbered Cub has to pick up one cup from the centre of the room & take it back to his chair.

This continues till all the cups are gone.

First one to get (3) cups is the winner.

If there are no cups left and no team has (3), then the fun begins & they have to take one cup at a time from another team till a team gets 3.

## Human Skittles

### Equipment

A Ball

### How to play:

Pick one Cub to be the Bowler.

They stand with their back to the pack at one end of the hall.

All the pack run around at the other end.

The bowler calls stop, & all Cub's stand still.

The bowler turns and bowls the ball at the now 'still' human skittles.

All that are hit are out, & the bowler gets to do this (3) times.

The next bowler is picked from the cub's that are left standing after the bowler has finished their 3.

Rule - skittles cannot move when they are being bowled at.

## Game keeper

### Equipment

A small object to go in the Centre.

### How to play:

All but one Cub stand in a circle. The Cub left outside the circle is the poacher. A second cub is picked to be the Game Keeper.

The object of the game is for the poacher to get the object out of the circle, without the games keeper tagging them. But they can only enter the circle once and they can only leave it with the object.

They cannot leave the circle the same way they entered it.

The game keeper cannot tag them till they pick up the object.

## Talcum powder tag

### Equipment

Talcum powder

large hall/area

a stop-watch.

### How to play:

The game is the same as the normal game of tag but played in teams.

Each team taking it in turns to be IT, they have to put a 'talcum powder' hand print on the back of all the others.

They are timed, and the winners are the team that takes the least time to do this. (Talcum powder helps see who is out and who is not) if they are out they will have one, two or more hand prints on their back) the Cubs think it's great to mark each other's backs!

## **Poison**

### **Equipment**

Football

### **How to play:**

Cubs stand in a circle with their legs apart, feet against the next persons. A football is thrown into the middle & Cubs must put one hand behind their back & use their other hand (in a fist) to keep the ball from going between their own legs, if it does then they are out & must leave the circle (which becomes smaller).

## **Balloon tag**

### **Equipment**

String

large bag of balloons

### **How to play:**

Each cub has a balloon on the end of a piece of string "approx. 2 feet" tied to their ankle. The game is simple; they have to pop each other's balloon by standing on it. BUT keep their own balloon safe as they run around the hall. As each Balloon gets popped that child is out of the game.

## **The Saints game**

### **How to play:**

This game is played in the same way as 'compass points'.

As with compass points, (game area) is given 4 fixed points;

North

South

East

West. As well as this the fixed points are given a country, Scotland, England, Ireland, and Wales. As the Cubs get used to this. You can add other items to shout out!

For example,

Scotland, St Andrew, 30<sup>th</sup> November, Thistle, Blue flag with white diagonal cross

Ireland, St Patrick, 17<sup>th</sup> March, Shamrock, White flag with red diagonal cross

England, St George, 23<sup>rd</sup> April, Rose, White flag with red cross

Wales, St David, 1<sup>st</sup> March, Daffodil, Green + White flag with red dragon

You should give this info to the cubs before you can play.

## **Stuck in the mud**

### **How to play:**

One Cub is chosen to be 'it' they run after the rest of the pack & 'tag' them, when 'stuck' Cubs stand with their arms out & legs apart.

Other Cubs can 'release' them by crawling through their legs. Game continues until all Cubs are 'stuck'.

# Activities

## Tin Can Pancakes

### Description:

Cook a simple pancake on an upturned tin can using a tea light.

### Resources:

Tin cans, tea lights, matches, pancake mix, bowl, spoon, spray oil, wooden spatula to turn pancake. Sugar, lemon, paper plate.

### Instructions

Wash tin thoroughly, remove labels & turn over and lightly spray top (the base of the tin) with oil

Make pancake mix

Light tea light candle and place upside down tin can over it- this needs to be slightly off the table to allow air to flow, balance on cutlery or other suitable material. Or, carefully use a sharp pointed knife or metal skewer to pierce some holes in the tin (this can be done using a can opener to just puncture the tin under the rim in a few places top and bottom and enlarge holes with knife or screwdriver).

Spoon thin layer of pancake mix onto top of tin, wait for bubbles to appear, carefully lift pancake off and turn over with wooden spatula or fork (use adult helper to do this) DO NOT TOUCH TIN - It will be hot!

Wait until pancake is cooked and put onto paper plate, add sugar/lemon and eat! Don't forget to blow candle out.

## **Fire Lighting – Flint & Steel**

### **Description:**

After collecting some dry wood and running through Safety. Allow the Cubs to experiment with different ways of lighting Fires

### **Resources:**

Dry Wood, Tinder, Flint and Steel, Lighter, Matches, Disposable BBQ trays

### **Instructions:**

Each Cub should build their Starter fire, with tinder. Once set up use the flint and steel to light the fire. Show young person that you always strike away from the body and never towards any other people.

Demonstrate the spark given off by the flint and the danger of spark getting into eyes. Once each fire lit Cub can add a small amount of combustible material but must keep their starter fire under control. Once all fires started we will then show them how to extinguish their fire such that they see no burning or smouldering embers. Show cubs the best way to find and prepare Tinder, Show how tools work and allow them to try out the various techniques under supervision.

Cook Marshmallows or make own individual s'mores.