

# ANCHORS

# FUN AND GAMES



## Fun and Games

### Equipment

- Wooden Block (Approx. 6cm x 4cm x x4cm)
- Chairs
- 3 Large and 6 Small Marbles
- Football
- Skittles
- 3 Bean Bags
- 3 Shuttlecocks
- Waste paper basket
- Score chart, marker pen

### Activities:

#### Dribbling

- Mark a start line and place a chair about two meters away.
- Each young person in turn dribbles a ball up to the chair goes around the chair (Can pass it through chair legs if you wish)
- Dribbles back across the start line.
- One point awarded for each completed dribble.

#### Bowling

- Place a skittle in one corner of the hall approx half a meter from the walls.
- Draw a chalk start line approx 1 1/2 meters from the skittle.
- Each bow in turn has to knock the skittle over by rolling the football, (the ball may rebound off the wall and hit the skittle if you wish)
- One point is awarded for each skittle knocked over.

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### Marbles

- Draw a circle approx 10cm in diameter and place the six small marbles in the circle.
- Draw a start line approx one meter away.
- Each boy in turn rolls a large marbles to try and knock the small marbles out of the circle.
- One point is awarded for each marble knocked out of the circle.

### Bin the Bag

- Place waste paper basket on a marked spot and draw a start line approx one meter away.
- Each boy in turn tried to throw the beanbags into the basket.
- One point is awarded for each beanbag in the basket.

### Target Rings

- Draw two concentric circles of chalk on the floor, the inner approx 20cm diameter and the outer approx 60cm in diameter
- Draw a start line approx one meter from the edge of the outer circles
- The boys in turn throw the three shuttlecocks into the circles.
- One point is awarded for the outer circle and two point for the inner circle.

### Jump the river

- Draw two parallel lines on the floor approx one meter apart (depending on age and ability of boys).
- Boys jump over the gap.
- One point is awarded every time they make it over.
- The object is to score as many point as possible in 60 seconds.

### Skip- a -roo

- Each team has a skipping rope.
- Each boy takes it in turns to skip 5 times.
- He then passes the rope to the next boy who will do the same.
- For every set of 5 the team receives one point.

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### **Borrowing Beavers**

- Line up two rows of chairs parallel to each other, both 10 chairs long.
- Each team member takes it in turns to crawl down one of the rows of chairs then back up the other.
- A point is awarded for each time the course is completed.

### **Rules**

- Start on one blast of the whistle.
- Stop on 2 blasts of the whistle.
- Mark up the scores given by each leader quickly and move onto the next activity.
- Boys should take turns continuously until the stop signal is given

# TEAM SCORECARD

<b>Activity</b>	<b>Team score</b>
Dribbling	
Bowling	
Marbles	
Bin the Bag	
Target Rings	
Jump the river	
Skip-a-roo	
Burrowing Beavers	

**Final Total:** \_\_\_\_\_