

Sports and Games to Get Your Blood Pumping

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SUMMARY: In this session we will create & teach new sports and games that can be used when you or your cabin needs a pick-me-up.

GOALS: Participants will move their bodies, learn a couple new sports or games from one another. Some will have an opportunity to teach/share their favorite downtime sports & games with others.

AUDIENCE: This program can work for any ages, any size group

TIMING: 45 minutes

MATERIALS:

- Bluetooth speaker
- Miscellaneous balls (Gator balls, kickball balls, beach balls)
- Hula hoops
- Jump ropes
- Pinnies

SET-UP: This can be done on a basketball court or field; the only set-up required is to lay out the equipment so the groups can see what they can use in creating their games.

SESSION TIMELINE

- 00:00-00:05 – Welcome & Goals
- 00:05-00:10 – Play “Ball”
- 00:10-00:25 – Creating a New Sport/Game
- 00:25-00:45 – Presentations & Playing

SESSION OUTLINE

00:00-00:05 – Welcome & Goals

After the welcome, split into groups for “ball” warm-up game competition

00:05-00:10 – Play “Ball”

Groups play a few minutes of “ball” (in groups of 8ish) and then come back together.

How to play “Ball”:

Everyone stands in a circle and tries to keep the ball in the air – it sounds simple but it’s not as easy as it sounds. If the group is too big, they can split into smaller groups of ~10 people (cabin size). The best ball to use is a gator ball (soft dodgeball type ball). Count how many times the group can hit the ball in the air. The count resets when the ball hits the ground.

After the game, come back together for a brief discussion:

- What did they like / what was fun
- What didn’t they like?
- Did you feel included?
- How could we make it more fun for *everyone*?

This brief discussion will lead them to creating their own sports/games.

00:10-00:25 – Creating a New Sport/Game

In the same groups as before, each group will create a new sport or game that can be easily played in camp during downtimes or when campers need to blow off some steam. Groups will have 15 min to create a sport/game that meets the following criteria:

- Everyone must have a role
- Must involve some element of movement
- You may only use the equipment provided
- Can’t be too complicated (groups will have to teach their new sport/game to everyone else in a few minutes so that we can play it!)

00:25-00:45 – Sport/Game Presentations & Playing

Groups present their games, and we get to play a few of them. There may not be time for all the groups, but ideally at least 3 will get to present.

BRINGING IT TO YOUR CAMP

The whole point of this activity is to inspire creativity and share new sports/games that participants can bring back to their camps. By creating and then playing the games together, the participants will learn new games/sports together.