

U14 Activity Card



Decision making games.

Equipment

Cones or markers to identify playing area.

Matrix link



3. Lead

Diagram



Instructions

Decision making games require the participants to process and react to instructions in a timely way. Generally, participants who get the instruction wrong go back to the start or perform an action like star jumps before re-joining the game.

Lifeguard says.

- This is a variation on 'Simon Says' where you use lifeguard signals, instructions, and actions in amongst the traditional directions and actions. Key to the game is that participants must both respond to the instruction and identify if the instruction is given correctly with 'Lifeguard says...' at the start.

Rats and rabbits.

- This is a partner game, one of each pair is the rat and one the rabbit. Both start in the middle of the game area. The leader calls out either rats or rabbits. The group that is called need to run to their end zone without getting tagged.

Red light, green light.

- This game works best on a rectangle shaped course with the caller and the participants standing at either short end. When the caller is facing the group, they call out red light and everyone freezes. When the caller turns their back to the group, they call out green light and participants move as fast as they want. The objective is to get to the caller without getting caught moving during a red light.

Top tips

Keep it fun.

Elimination and a single winner are not the aim of these games.

These can be great games for accompanying adults to join in for.

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What's the time Mr Wolf?

- One player is 'Mr Wolf' they stand at one end of the playing area with all the others at the opposite end. The players call, 'What's the time Mr Wolf?', the wolf answers with a number. The players all take the number of steps that the wolf calls out.
- The call and response go on until either. A player gets to the wolf, or the wolf calls out dinner time and chases the players back to the start. If they catch a player or a player makes it to the wolf, then that person is now the wolf.

Lifeguards coming.

- Also known as captains coming or squares. Set up a square and label the four sides with the group – directions or landmarks works well for this. Then establish the other commands the lifeguard will call from lifeguard signals and safety actions that your group knows.
- To play the game the 'lifeguard' stands in the middle of the game and calls out different directions and actions for the participants to carry out. If you are playing an elimination version, think about what the eliminated players will do. Letting them do a task then re- enter allows everyone to keep participating.

Giants, wizards, and elves.

- You have two teams for this game who meet in the middle like in rats and rabbits. However before meeting in the middle each team decides on one of three characters (giants, wizards, elves). When the two teams meet in the middle a leader counts them down, on the signal the group do their character.
- Like rock, paper, scissors there is a hierarchy. Giants stand up tall and menacing and roar. Wizards crouch and point imaginary wands and shout shazam. Elves crouch down and cup hands around your ears to make elf ears and make an eeee noise.
- Giants beat elves as they squash them. Elves beat wizards by tying their shoelaces together and wizards beat giants by zapping them with a spell.
- The losing team attempts to run back to their home zone and the winners try to tag them. People who get tagged join the team that tags them, and the winning team is the one with the most at the end of the time or when there is no one left in one team.