

GAMES MASTERS IN TRAINING!

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GAMES LEADERSHIP

Great recreation programs do not happen all by themselves. They are the result of a well-prepared, resourceful and enthusiastic leader. The leader must be aware of the many different characteristics of the group. These include size, age, ability level, time with the group, the environment you will have to work with, and what resources are available for use. With all of these factors in mind, select games that are appropriate for that group and then have FUN!

Here are some important guidelines to follow while planning and implementing recreation programs.

- ❑ Always remember **SAFETY FIRST**. Be aware of and avoid potential hazards. This includes changing activities to make them safe if necessary.
 - ❑ **CHOOSE GAMES THAT ARE APPROPRIATE FOR YOUR GROUP.** Consider the age of the group, their physical ability, the size of the group, the amount of time you have with them and the environment in which you will be working.
 - ❑ **USE THE KISS THEORY: KEEP IT SIMPLE SILLY!** The less props and instructions needed the better.
 - ❑ **END IT BEFORE ITS OVER.** End games while participants are still having fun. By ending while the game is at its peak the participants will remember the game as fun. This will allow you to play the game again later if needed.
 - ❑ **PLAN MORE THAN YOU NEED.** You never know when a game may flop or not take as long as you thought. If you are prepared it will not be a problem.
 - ❑ **SEQUENCE ACTIVITIES.** You don't want to wear your group out in the first thirty minutes. Mix fast and slow games.
 - ❑ **UTILIZE SIMILAR FORMATIONS.** Play a few games in a circle before moving to games with lines. If you need partners for a few games play them back to back so they have more time playing and don't waste time getting into the proper formation.
 - ❑ **KNOW THE GAMES.** Make sure you know the rules. It is hard to stop a game and introduce a new rule if you forgot it. Also know what props you need and what formation is needed. Arrange participants in proper formations before giving rules.
 - ❑ **HAVE ALL YOUR EQUIPMENT.** Organize props needed within easy reach. Prepare all ahead of time i.e. blow up balloons, cut strings, etc.
 - ❑ **NO GOAT FUN or LOSERS.** Avoid activities that single someone out as a loser or that makes fun of someone. This will ensure a positive experience for all.
 - ❑ **BE ENTHUSIASTIC.** If you are having fun, chances are your group will want to participate in your activities.
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LEADER POSITIONS



FIGURE 1. When Working with a Single Line.

Note: Leader is positioned equidistant from each end, thus not giving one end less attention than the other.

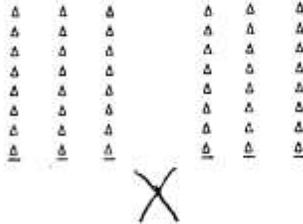


FIGURE 2. Working with an Even Number of Files.

Note: Leader is positioned in front of space dividing files in two. Center aisle space is a little larger than space between other lines.

No participant should be blocked from the leader's view by another participant.



FIGURE 3. Working with an Uneven Number of Files.

Note: In this case, leader is NOT centered because standing in front of the center file would obstruct his view of all center file participants behind the first one.



FIGURE 4. Working with Shuttle Relay Formation.



FIGURE 5. Working with Circle Formation.

Note: Leader is positioned; an integral part of the circle, preferably between two participants as near to his own height as possible. (Standing between two participants towering over him dwarfs him mercilessly; standing between two participants much shorter accentuates their minuteness if they are adults.)

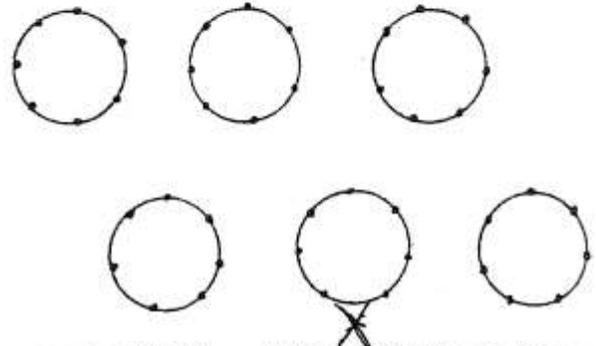


FIGURE 6. Working with Several Circles (or Squares)

Note: Circle members turn to face leader who explain action, using circle directly in front to demonstrate; necessary. Participants may be seated, or leader elevated for better control.

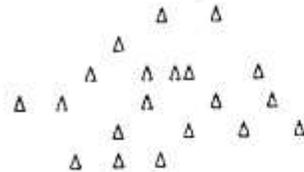


FIGURE 7. Working With Group. In Informal or Mass Formation.

Note: Leader is elevated (When working with children seat them on the floor or ground, thus elevating the leader.)

Caution must be taken out of doors to make sure that the sun is not behind the leader, thus in the eyes of the group. The leader should face into the sun, and wear sunglasses to keep him from squinting.

Games

Walk Tag:

Description: Play a game of tag with one person in a confined space while others are doing the same thing.

Rules:

- All participants must walk.
- On Go person who is “it” spins around 3 times in place while the other player walks away.
- When the other player is tagged they spin 3 times in place while the other person walks away.
- Remind group to be careful of others playing in the same space.

Static Tag:

Description: With a partner hold hands in mid air like you are going to arm wrestle. Extend your index finger of the hand you are holding on with.

On “Go” try and tag your partner on their leg with the hand you are holding on with, don’t let go!

Once you tag your partner quickly run and find a new partner and play again.

Human Pinball

Description: All players stand in a circle with feet spread but feet touching players on either side. Soft ball is placed in middle of circle and hit with hands only trying to keep it on the ground. Players are out if the ball goes between their legs or if they hit it between someone’s legs who has already been eliminated. If eliminated stand as part of the circle as before but standing upright. If ball passes between 2 players no one is out.

Good Day Bruce

Description: Sitting in a circle or around a table. Player 1 begins by turning to player 2 and saying “Good Day Bruce”, Player 2 responds “Good Day Bruce” player 1 then says “Say good day to Bruce, Bruce.” Player 2 then turns to player 3 and repeats the process.

To start the game all players are named Bruce. If a player makes a mistake they then become Shelia, so then players must use the right name when speaking. For example someone talking to Shelia would need to say “Good day Shelia” instead of Bruce. If players mess up again they are then called Joe.

Thumbs Up

Object: To correctly guess the number of thumbs that will be up

Play: Randomly select someone to go first. Everyone at the table will put both fists on the table and then slam them three times. On the third time everyone puts up both, one or no thumbs. The person selected to go first must state a number between 0 and the number of thumbs that could possibly be up. If they get it right they can remove one fist. The winner is the person to take both hands away first.

Golf Clap

Description: Have a volunteer leave the room. Once they leave the group will decide on a simple action they want the volunteer to act out. Like swinging a bat, shopping, driving a car, something simple. When the person comes back they begin making motions. When they do motions similar to the desired result you begin to clap softly, when actions become closer clap louder, if less close clap softer. Once motion is discovered have another volunteer leave area.

Ninja Master

Object: To become the ninja master

Description: Each chair or place in the circle has an assigned motion, play begins with the ninja master stating saying “ninja master” and folding hands and bowing. They then follow their title with another described ninja in the circle. If someone makes a mistake, including the ninja master, the person making mistake moves to the right on the ninja master chair, all other players move one spot in the circle and assume the motion associated with that chair. If master makes a mistake a new ninja master is crowned.

All motions are accompanied with the name of the motion said in dramatic ninja movie style.

Possible motions include:

Ninja Master: Hands together and Bow

Nun chucks of Fury: Move hands rapidly up and down like nun chucks

Skull Crusher: Put hands on back of neck and pull down.

Back Breaker: Lock fingers and wave arms back and forth

Samurai Slash: Pretend you have a big samurai sword and slash down and across your body

Sushi Chef: Pretend to chop sushi very fast

Disco Ninja: Do your best disco move

Sumo Stomp: Stomp down one leg while saying each word wide like a sumo wrestler

Chinese Stars: Rapidly throw ninja stars

Butterfly Kick: Kick one foot in air while holding both hands up in the air aka Karate Kid

Ninja Turtle: Pull 2 swords off your back like Leonardo

Shaolin Bow: Pretend to shot a bow and arrow

Whaaa!!! Give a loud karate yell

Online Resources for Games Discovery:

1. Ultimate Camp Resource (<http://www.ultimatecampresource.com/>) – a great place to find a wide variety of games from quiet games to active games. Small group games to large group games.
2. Games Kids Play (<http://www.gameskidsplay.net/>) – an interesting collection of hundreds of games, most of which are kid favorites and well known – but with lots of hidden gems.
3. Fun Attic Games List (http://www.funattic.com/game_list.htm) – list of games that you may or not have played. From card games to relay games to learning games to circle games – there is something here for everyone.
4. Outdoor Games for Family Fun (http://www.healthy-picnics.com/outdoor_games.html) – interesting group of games. Something for every occasion outside – for all seasons as well.
5. Games 4 Youth Groups (<http://www.games4youthgroups.com/index.html>) – this site has another long list of games – most you may know – but some that will be brand new.