

## Young Sparks: Outdoor Activities

If I told you that you had 5 whole hours to do anything you wanted... What would you pick?

- a) Getting your phone/iPad/computer and watching videos
- b) Playing video games in your bedroom
- c) Playing games outside with friends
- d) Running around in your back garden

If you picked **c)** or **d)** FOLLOW THE ARROW! If you picked **a)** or **b)** continue to read. So, there is nothing wrong with preferring indoor activities. Personally, I would also choose to relax inside with my phone rather than dragging myself through the 40-metre marathon to the front door. However, in the rare case that I do to go with my sister to the local park, or play a one-sided game of tag in the nearby playground, it is an absolutely amazing feeling to be having fun outside with someone else. It is so simple and easy, and that simplicity is what makes it so enjoyable. The hardest part is getting started, getting motivated to exit the house and escape from your iPad or laptop, but when you do, trust me when I say it's worth it.

So here are some examples of outdoor games to get you started!

### Kick the can

There are 2 teams, Team A and Team B. A can is placed in the middle of the playing area. Team A closes their eyes and counts to 30 as Team B hides. After Team A finishes counting to 30, Team A tries to find Team B. If a member of Team B is tagged by a member of Team A, they go into a holding pen for captured players. If an un-captured Team B member manages to kick the can, all the captured Team B players are released from the holding pen. The game continues until all Team B players are captured. Team A and Team B then switch roles.

**Number of Players:** Ideally 3 or more

**Equipment:** A metal can

### Helicopter

A simple game, where a skipping rope is kept on the floor, whilst being spun around by one person. The other people must jump over the skipping rope, and if they are touched, they are out.

**Number of players:** 2 or more

**Equipment:** Skipping rope

### Angry Birds: Real life

Use finished milk cartons and cans to build a tower and place little plush animals or anything small and light on small ledges. Each person has three tries to throw a small ball at the tower, and the number of animals that fall are the number of points for each player.

**Number of players:** Can be individual or more

**Equipment:** Used milk cartons/cans, small plush animals, marble/small ball

### Capture the flag

Best played on an oval, a group of people is divided into two teams, and the playing area is also divided into two (use cones to show the divide). One half is the territory of one team, and vice versa. The aim of the game is to capture a flag (which can be any item) on the other team's territory and run it back to the player's own territory. However, when a player crosses into the territory of another team, the player can be tagged and sent to jail, where they cannot leave unless a teammate tags them. The flag is placed in a 'safe zone' (which can also be marked with cones) where runners from the other team cannot be tagged.

**Players:** At least 10 or more

**Equipment:** cones, 2 'flags'