

Overall expectations:

- Provide fun interactive activity with a twist on an old game.
- Demonstrates proprioception by using hand, eye coordination to throw object through target.
- Learn body mechanics and fine motor skills.

Equipment: 9 hula-hoops and stands, one Frisbee per player is ideal, golf score cards, pencils, whistle.

Health & Safety:

- Outline safety guidelines.
- Ensure no one flings Frisbees while players retrieve their Frisbees or while players are in line of target.

Game: Frisbee Golf**Type: Camp wide event**

The goal is to try and get the Frisbee through the hula-hoop in the least amount of throws. Players keep score as they proceed through the 9 hole course. Instruct and demonstrate proper Frisbee throwing techniques with players prior to the game beginning. Organize players into pairs to practice Frisbee throwing techniques. Divide players into groups with each group starting at a different hole. All groups make their way around the 9 hole course with varying degrees of difficulty. Provide golf score cards and explain how to score themselves.

Location: Open grass field**Time: 50-60 minutes****Overall expectations:**

- Promote physical activity in a fun game.
- Game is similar to "tag".
- Improve the excitement of camp.

Equipment: whistle

Health & Safety:

- Play game during cooler periods of the day.
- Ensure water is available.

Game: Manhunt**Type: Quick game**

One player is assigned the "hunter". The rest of the players are released into the field. The hunter counts 30 - 60 seconds then is set free to try and tag as many people as possible. Once tagged the hunted become hunters also, until the last participant is tagged. The last player becomes the hunter in the next round. Blow whistle to start game.

Location: Large open space**Time: 15-20 minutes****Overall expectations:**

- Moderate physical activity.
- Use cold water to cool off on hot day.
- Incorporate into final day obstacle race.
- Participants are made aware of their body in space and time.

Equipment: water balloons, water.

Health & Safety:

- Feet and legs accidentally kicking each other.
- Small plastic pieces.

Game: Balloon Catapult**Type: Relief from heat**

Divide into equal teams. Partially fill balloons with water and give each team a balloon. Each team sit down in straight line. When whistle blows, the first person rotates to pass the balloon to the next person in line who receives the balloon using only their feet. The relay continues until the balloon has reached the last member on the team. If the balloon falls, it is returned back to the first person to begin again. If the balloon breaks, the team is given a new one and must start at the beginning. The first person to successfully pass the balloon to the end of the line, wins or scores a point.

Location: Open grass field**Time: 20-30 minutes**

Overall expectations:

- Provide physical activity with camp favourite game.
- Promote a fun environment to encourage camp enthusiasm.
- Healthy competition among individual participants.
- Encourages strategic team work and communication skills.

Equipment: pylons, pinnies for teams, whistle, soft ball, baseball bat.

Health & Safety:

- Ensure ball is soft sponge ball.
- Ensure ball is not thrown with high force to the body.
- Participants are not throw to balls above the shoulders.

Overall expectations:

- Engaging low to moderate level of physical activity.
- Fun interactive game that incorporates camp theme.
- Participants are made aware of their body in space and time.

Equipment: dodgeball.

Health & Safety:

- Players are not to throw balls above the shoulders.
- Players throwing ball is made aware of the strength the ball is thrown is reflective of the distance they are throwing the ball.
- Clearly explain all safety measures prior to game beginning.

Overall expectations:

- Promote physical activity in fun activity.
- Provide relief on a hot day.
- Incorporate into final day of obstacle race.
- Encourages team work and communication skills.

Equipment: number of buckets depends on number of "pairs", balloons, access to water.

Health & Safety:

- Slipping on grass
- Tripping

Game: 5 To Bat**Type: Camp wide event**

Set up pylons to create a line on each end of the field. Anything in front or behind the lines is considered 'safe' zones. Choose 5 players to go up to bat. Everyone else is playing the field between the 2 safe zones. One of the 5 batting players is given 3 pitches to bat out into the field. Once the ball is hit, the batter can either run across the field to get to the other safe zone and back or batter can stay in batting safe zone and wait for the another batter to hit the ball. The goals is to run to the opposite safe zone and make it back to the batting safe zone to score points and bat again. If the batter hits ball and a player in the field catches it or batter is struck by the ball while in the field zone, they must exchange places and the batter is considered 'out' and is now a field player. The person who catches the ball is now a batter and waits their turn to bat. If batter is struck with ball by field player, batter can picked up ball and thrown back at field player in field zone only (if field player is hit with ball before they reach safe zone, they continue playing in the field - batter returns to batting). If batter fails to hit ball, they wait in safe batting zone to run on next ball hit by bat. All 5 batters must bat the ball, run across the field to safe zone and back again before their next turn to bat. Once the last ball is thrown to the last batter and IF all 5 batters miss the chance to run across the field they must run after the last bat.

Location: Open grass field**Time: 45-60 minutes****Game: S.P.U.D.****Type: Quick game**

Assign numbers to all participants and go over their numbers a few times so that they remember. It is very important they remember for the game to succeed. Form a circle with the campers and then choose one participant to stand in the middle with the ball. The participant at the center throws the ball up in the air and calls a number. Everyone forming the circle scatters except the participant who's number was called, this person catches the ball and once in possession of the ball, yells out "SPUD". All other participants must freeze. Participant with ball can take 3 steps towards player of their choice to try to hit them with ball. Player having ball thrown at them can move any part of their body except their feet. Thrower cannot throw ball directly at feet. If the ball hits the player then they received a letter 'S'. If the ball misses the player, the thrower receives the letter 'S'. Participants are eliminated by the game once they have spelled S-P-U-D or if there is a time limit than the player with the least amount of letters, wins.

Location: Open space**Time: 10-15 minutes****Game: Back to Back****Type: Relief from heat**

Divide participants into pairs. Direct pairs to stand next to a bucket full of water balloons. A second empty bucket is placed 15 feet away. All buckets for teams are placed equal distance. Players place the water balloon between their backs and walk to the other bucket. If balloon breaks, participants must go back and start over. Set a time limit and when the time runs out, see which team has the most water balloons in their bucket.

Location: Open outdoor space**Time: 15-20 minutes**