

Activity: Outdoor Sports and Park Games

Instructions on how to set up and run Outdoor Sports and Park Games

This activity is best for: All students ▾

Ingredients: What you'll need

1. Large outdoor space (eg nearby park, green space within the campus, beach)
2. Sports equipment (please see sport or game below to find specific equipment required)
3. Sound system
4. Cones

Preparation: How to set up the activity

- Ensure the park space is suitable for all sports activities.
- Prepare in advance which sports you will be doing and bring all necessary equipment.
- Select at least three of the sports listed below in advance, so students know what will be aware of what the evening entertainment will be
- Have one or two leaders arrive early to set up the sporting equipment whilst the other leaders go to collect the students
- If feasible, bring a portable sound system to play music during the games based off the sportify disco playlist

Leading: How to lead the activity

- Plan and Organize: Choose a variety of games, prepare all necessary equipment, and set clear boundaries or zones for each activity.
- Explain the Rules: Briefly explain the rules of each game before starting, ensuring everyone understands and knows how to play safely.
- Encourage Teamwork: Foster a positive and collaborative atmosphere by encouraging teamwork and communication between staff members during games.
- Ensure Safety: Monitor the activity to ensure everyone is participating safely, especially during physical games, and provide support if necessary.
- Keep the Energy High: Maintain a fun and energetic environment by staying positive, cheering on participants, and adapting the games to keep everyone engaged.

Evening Activity Instructions: Outdoor Sports and Park Games | Updated: May 2024

Sports games in the park

The following sports are suitable for large groups of students who wish to participate in some form of sport outside. These guides are a starting point for one game as part of a bigger evening entertainment but may not be suitable for a full evening entertainment by themselves.

Football

Equipment Needed:

- Footballs (at least 2 for larger groups)
- Cones or markers for goalposts and boundaries
- Pinnies or colored vests to differentiate teams
- Whistle (optional)

How Many Can Play:

- Minimum: 4 players (2 per team)
- Ideal: 10-20 players (5-10 per team for a small-sided game)

Rules:

1. Objective: Score more goals than the opposing team within the set time.
2. Teams: Divide into two teams, with equal numbers of players.
3. Starting Play: Begin with a kickoff from the center of the field.
4. Offside Rule: Players must not be closer to the opponent's goal than the second-to-last defender when the ball is passed to them.
5. Fouls: No pushing, tripping, or handballs (except by the goalkeeper).
6. Goalkeeper: Only one player from each team can act as the goalkeeper, and they are the only ones allowed to use their hands within the goal area.
7. Game Duration: Play for a set time (e.g., 20-30 minutes) or until a certain number of goals are scored.

Volleyball

Equipment Needed:

- Volleyballs (at least 2 for larger groups)
- Volleyball net and poles (or markers for a makeshift net)
- Boundary markers or tape to define court lines
- Pinnies or colored vests to differentiate teams

How Many Can Play:

- Minimum: 4 players (2 per team)
- Ideal: 8-12 players (4-6 per team for a standard game)

Rules:

1. Objective: Score points by sending the ball over the net into the opponent's court.
2. Teams: Each team can hit the ball up to 3 times before returning it to the other side.
3. Serving: Teams take turns serving from behind the backline, rotating after each point won.
4. Scoring: A point is awarded when the ball lands in the opponent's court or if the opposing team fails to return it properly.

Ultimate Frisbee

Equipment Needed:

- Frisbees (at least 2 for larger groups)
- Cones or markers to define boundaries or end zones
- Pinnies or colored vests to differentiate teams

How Many Can Play:

- Minimum: 4 players (2 per team)
- Ideal: 8-12 players (4-6 per team for a standard game)

Rules:

1. Objective: Score points by catching the frisbee in the opponent's end zone.
2. Passing: Players must pass the frisbee to teammates; running while holding the frisbee is not allowed.
3. Turnovers: If the frisbee is dropped, intercepted, or thrown out of bounds, the opposing team gains possession.
4. Scoring: A point is scored when a player catches the frisbee in the opposing team's end zone

Rounders

Equipment Needed:

- Rounders bats
- Rounders balls
- Cones or markers to define bases and the playing field
- Pinnies or colored vests to differentiate teams

How Many Can Play:

- Minimum: 6 players (3 per team)
- Ideal: 12-18 players (6-9 per team)

Rules:

1. Objective: Score more rounders by hitting the ball and running around the bases.
2. Batting: Players take turns hitting the ball and running around the bases to score.
3. Fielding: Fielders must catch the ball or hit the stumps to get players out.
4. Outs: A batter is out if the ball is caught, they are hit by the ball while running, or they fail to reach the next base before the ball.

Cricket

Equipment Needed:

- Cricket bats
- Cricket balls
- Stumps and bails (or markers for wickets)
- Cones or markers to define boundaries
- Pinnies or colored vests to differentiate teams

How Many Can Play:

- Minimum: 6 players (3 per team)
- Ideal: 12-16 players (6-8 per team)

Rules:

1. Objective: Score more runs than the opposing team by hitting the ball and running between the wickets.
2. Batting: The batter hits the ball and attempts to run between the stumps to score runs.
3. Bowling: The bowler delivers the ball, aiming to hit the stumps or get the batter out in other ways.
4. Outs: A batter is out if the ball hits the stumps, is caught by a fielder, or they are run out.

Capture the Flag

Equipment Needed:

- Two flags (or similar objects)
- Cones or markers to define boundaries and bases

How Many Can Play:

- Minimum: 6 players (3 per team)
- Ideal: 12-20 players (6-10 per team)

Rules:

1. Objective: Capture the opposing team's flag from their base and return it to your own team's base without being tagged.
2. Teams: Divide players into two teams, each with a designated base and flag.
3. Movement: Players can enter the opposing team's territory to steal the flag but must avoid being tagged.
4. Outs: A player who is tagged while in the opposing team's territory must return to their base before continuing. The first team to capture the flag wins.

Tug of War

Equipment Needed:

- Strong rope (long enough for the number of players)
- Cones or markers to define the middle line and goal lines
- Pinnies or colored vests to differentiate teams

How Many Can Play:

- Minimum: 4 players (2 per team)
- Ideal: 8-20 players (4-10 per team)

Rules:

1. Objective: Pull the opposing team across the center line or past a designated marker.
2. Teams: Divide players into two equal teams, with an equal distribution of strength.
3. Starting: Each team grabs an end of the rope, with the center of the rope aligned at the middle marker.
4. Winning: The team that successfully pulls the other team past the center line or their marker wins.

Park games for the centre

The following games listed are great little games which can be used as either part of a bigger activity or used to fill time between the day where space is appropriate.

Tag

Equipment Needed:

- Flags or wristbands (to represent "tags")
- Cones or markers to define the playing area

How Many Can Play:

- Minimum: 4 players
- Ideal: 10-20 players

Rules:

1. Objective: The "it" player must tag others by touching them with a hand or flag.
2. Tagging: Players are tagged when "it" touches them or pulls off their flag.
3. No Running Out of Bounds: Players must stay within the designated area.
4. Changing Roles: When a player is tagged, they become "it" and must tag others.

British Bulldog

Equipment Needed:

- Cones or markers to define the playing area
- Pinnies or colored vests to differentiate teams (optional)

How Many Can Play:

- Minimum: 6 players
- Ideal: 12-20 players

Rules:

1. Objective: Players must run from one side of the field to the other without being tagged by the "Bulldog."
2. The Bulldog: One or two players are the "Bulldogs" and stand in the middle of the field to tag players.
3. Running: Players must dodge the Bulldogs to reach the safe zone on the opposite side.
4. Outs: If tagged, a player becomes a Bulldog and helps tag others in the next round.

Red Light, Green Light

Equipment Needed:

- Cones or markers to define the start and finish lines
- A whistle (optional)

How Many Can Play:

- Minimum: 4 players
- Ideal: 8-20 players

Rules:

1. Objective: Players must race to the finish line without moving during "Red Light" calls.
2. The Caller: One player is the caller and stands at the finish line, turning their back to the players.

3. Movement: On "Green Light," players can move toward the finish line; on "Red Light," they must freeze.
4. Outs: Players who move during "Red Light" are sent back to the start. The first player to reach the finish line wins.

Egg and Spoon Race

Equipment Needed:

- Spoons (one for each player)
- Eggs (real or plastic) or similar objects
- Cones or markers to define the start and finish lines

How Many Can Play:

- Minimum: 4 players
- Ideal: 8-20 players

Rules:

1. Objective: Race to the finish line while balancing an egg on a spoon without dropping it.
2. Starting: Players start at the starting line with an egg on their spoon.
3. Movement: Players must walk or run to the finish line without dropping the egg.
4. Outs: If the egg drops, the player must stop, pick it up, and continue from the point it dropped. The first player to cross the finish line wins.

Obstacle Course

Equipment Needed:

- Cones, ropes, or markers to create obstacles
- Hurdles, tunnels, or other physical challenges
- Timer or stopwatch (optional)

How Many Can Play:

- Minimum: 4 players
- Ideal: 8-20 players

Rules:

1. Objective: Complete the obstacle course as quickly as possible.
2. Starting: Players begin at the starting line and navigate through the course.
3. Movement: Players must complete each obstacle (e.g., crawling under ropes, jumping over hurdles) without skipping any.
4. Timing: The player who finishes the course in the shortest time wins. If a player fails an obstacle, they must restart or complete a penalty task.

Water Balloon Fight

Equipment Needed:

- Water balloons (enough for each player)
- Buckets or containers to hold filled balloons

- Cones or markers to define boundaries

How Many Can Play:

- Minimum: 4 players
- Ideal: 8-20 players

Rules:

1. Objective: Soak the opposing team with water balloons while avoiding getting hit.
2. Teams: Divide players into two teams, each with an equal number of water balloons.
3. Movement: Players can throw water balloons at opponents but must stay within the defined boundaries.
4. Outs: A player is out if they are hit by a water balloon. The last team with players remaining wins.

Steal the Bacon

Equipment Needed:

- A ball or object (the "bacon")
- Cones or markers to define the teams' starting lines

How Many Can Play:

- Minimum: 6 players (3 per team)
- Ideal: 12-20 players (6-10 per team)

Rules:

1. Objective: Steal the "bacon" from the center and bring it back to your team's line without being tagged.
2. Teams: Divide players into two teams, each with a designated starting line.
3. Starting: The "bacon" is placed in the center, and each player is assigned a number.
4. Movement: When their number is called, players race to grab the bacon and return it to their line without being tagged by the opposing team. The team that successfully steals the bacon wins.