

## 5. Gymnastic/Physical Training Badge: Alternative 'Team Games'

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### Activity 1: Chair Football

**Activity Time:** 10-15mins | **Group Size:** Any

**Aim:** To develop team work.

#### Equipment:

- 1 chair for each young person
- 1 large foam football
- Coloured bands / sports bibs

#### Instructions:

- Two equal teams are required wearing a coloured band or a sports bib
- Set up a goal area and commence playing football as follows
- Each team member takes a chair and sits anywhere in the defined playing area except directly in their own goal mouth
- When they have done that tell them that they cannot move off the chair – their bottom must remain on the seat of the chair at all times
- The teams pass the ball to each other trying to score a goal
- They must use their feet but must not get up off their seat
- After a while you could let them relocate their original chair position and play on

### Activity 2: Defend Your Area

**Activity Time:** 10-15mins | **Group Size:** Any

**Aim:** To develop team work.

#### Equipment:

- 1 large foam ball
- 1 whistle
- 1 stopwatch

#### Instructions:

- The hall is divided into quarters, and the players into four equal teams, with each team taking a quarter of the hall
- A large ball is required and the object is to keep the ball out of your area and into one of the others, kicking the ball is not allowed
- Every 10 seconds is blown and whichever 'quarter' of the hall the ball is in gets a point
- The team with least number of points at the end of the game wins
- Teams can be rotated round the hall until they have been in each quarter.

## Activity 3: Prisoner

**Activity Time:** 10-15mins | **Group Size:** Any size

**Aim:** To develop team work.

### Equipment:

- Equipment
- 6 large foam balls
- Coloured bands or sports bibs

### Instructions:

- Two lines are drawn across the width of the hall
- There are two equal teams who will require a number of soft footballs each
- The hall is divided into three equal sections, the middle section being no-man's land
- No player is allowed in that area
- The football are rolled or thrown below waist height in order to hit the opposition below the knee. When a young person has been hit they then have to run to the opposite end of the hall and stand on the gym mats or behind the drawn line – they become a 'Prisoner'.
- To release a 'Prisoner', team members can then throw a ball and if the 'Prisoner' catches it they will be released to return to join their own team at the other end of the hall.
- At a set time the team with the least members in 'Prison' wins the game.

### Tips/Advice:

Ensure that the rules are clearly understood before play commences

Ensure the hall space is sufficiently large for the game and remove any obstructions before play commences.