

SENIOR GAMES TUESDAY 4TH JULY 2017

ACTIVITY PLAN - 10 teams taking part in 9 activity sessions plus one rest session.

Team Names	Starting Point	Activity Co-ordinator	Volunteers Needed
	1. Caber Toss		1
	2. New Age Kurling		3
	3. Shoogle & drap		2
	4. Boccia Target		3
	5. Skittles		3
	6. Roll the dice		2
	7. Rio Shuffle		2
	8. Hunt the Haggis		2
	9. Duck Race		2
	10. Rest		

Each activity number is marked on the floor.

On completion of the event the score sheets will be collected, checked and counted. The team with the highest points will be the overall winners. To ensure there are no errors in the calculation each sheet will be verified by an independent adjudicator. Calculator will be provided!

Activity 1 - Caber Toss

Equipment required

- 1 x Caber
- 1 x Chair
- Tape for clock marking on floor
- score sheet / pen
- 6 x chairs

Staff

Volunteer responsible for setting up equipment and returning caber
Also responsible for recording scores.
1 x Care co-ordinator looking after the team.

Object of the Game

Each person will have 2 shots to toss the caber. The person must be seated and the object is not the longest distance but the caber must be tossed away from the thrower turning 180 degrees. A perfect throw ends with the top end nearest the thrower and the bottom end pointing exactly away. The clock face method of judging will be used. A perfect toss is 12:00 and will score 10 points 11:00 or 1:00 will score 7 points, 10:00 or 2:00 will score 5 points and 9:00 or 3:00 will score 3 points. If caber has been thrown successfully but landed out with the clock face then 1 point will be awarded

Scores are added to team score sheet

Activity 2 - New Age Kurling

Equipment required

- 2 x New Age Kurling targets
- 1 x set of kurling stones (4 red, 4 blue)
- 2 x poles
- score sheet /pen
- 6 x chairs

Staff

2 x Volunteers responsible for setting up equipment, returning stones to base and responsible for recording scores.
1 x Care co-ordinator looking after the team.

Object of the Game

Split team into two with 3 playing on each target. One target use red stones and the other blue. Each team member takes 4 consecutive shots and the scores are counted. 5 points for the centre, 4 points within the blue circle, 3 points within the white circle, 2 points within the red circle and 1 if it lands on the edge of the target.

Scores are added to team score sheet

Activity 3 - Shoogles n drap

Equipment required

- 1 x parachute
- 3 x pots
- 25 x balls
- 1 x score sheet /pen
- 6 x chairs

Staff

1 x Volunteer making sure the parachute is set up ready with the pot directly underneath the centre and chairs are placed in a circle and responsible for recording scores.

1 x Care co-ordinator looking after the team.

Object of the Game

6 players per team sitting in a circle
The parachute is held tight by each team member and the volunteer places 25 yellow balls into the parachute. The object of the game is to get as many balls as possible through the centre hole in the parachute into the pot by moving the parachute around.

Activity 4- Boccia Target

Equipment required

- 2 x boccia target
- 12 x boccia balls
- base marker
- Score sheet /pen
- 6 x chairs

Staff

2 x Volunteers responsible for setting up equipment, returning balls to participants and recording scores on score sheet.

1 x Care co-ordinator looking after the team.

Object of the Game

6 people per team split into two teams. Each participant throws 2 balls onto the target. Scores are totalled once all 6 balls are thrown. The whole exercise is repeated 3 teams
Scores –If the ball is touching a circle then that counts.

Activity 5– Skittles

Equipment required

2 x skittles sets
base markers
score sheet /pen
6 x chairs

Staff

2 x Volunteer responsible for setting up equipment and recording scores on score sheet.

1 x Care co-ordinator looking after the team.

Object of the Game

6 people per team split into two teams. Each participant rolls 2 balls to knock down as many skittles as they can. 1 point allocated for each skittle knocked over. If all skittles are knocked over on the first throw then this is a strike and worth 15 points. If all skittles are knocked down after two shots this is a spare and worth 12 points. Once all team players have had a shot, totals are recorded on team score sheets.

Activity 6 – Roll the Dice

Equipment required

1 x dice
Activity equipment as per list
1 x activity list
Score sheet/pen
6 x chairs

Staff

1 x Volunteers responsible for setting up equipment and recording scores on score sheet.

1 x Care co-ordinator looking after the team.

Object of the Game

Team members take it in turn to roll the dice and do the activity which corresponds to the number on the dice. If the participant is able to do the activity then they score the number on the dice.

Activity 7– Rio Shuffle

Equipment required

1 x Shuffle Board
10 x wooden coins
1 x table
Score sheet/pen
6 x chairs

Staff

1 x Volunteer responsible for setting up equipment and recording scores.

1 x Care co-ordinator looking after the team.

Object of the Game

Each team member takes a turn at pushing or flicking the 10 x wooden coins up the board trying to land on as high a score as possible. The highest score for 10 coins will be recorded on the team score sheet.

Activity 8 – Hunt the Haggis

Equipment required

1 x oat pit
1 x cooking pot
approx 50 knitted haggis
score sheet /pen
6 x chairs
Stop watch

Staff

1 x Volunteer responsible for setting up equipment, hiding haggis and recording scores.

1 x Care co-ordinator looking after the team

Object of the Game

2 team members at a time get 30 seconds to find haggis in the oat pit one haggis at a time and placing them in the cooking pot. Count the score 1 point for each haggis and carry forward scores onto the teams score sheet.

Activity 9– Duck Race

Equipment required

30 x ducks
1 x pool
2 x fishing nets
1 x container
2 x bags of balls
bucket
Score sheet/pen
6 x chairs

Staff

1 x Volunteer responsible for setting up the equipment and ensuring any spillages are cleaned up right away.

1 x Care co-ordinator looking after the team.

Object of the Game

Each participant to catch 3 ducks, one at a time, placing them in the container. Ducks are worth 1, 2, 3 or 5 points. Totals added up at the end when 18 ducks are in the container.

RIO GAMES DICE

Roll the dice and complete the sporting challenge corresponding with the number on the dice.

1. RUGBY

Use the foam foot to kick the rugby ball over the line.

2. HOCKEY

Use the hockey stick to hit 2 balls over the line.

3. FOOTBALL

Score a penalty (use foam foot if required)

4. TENNIS

Use the tennis racket to hit the ball to a member of staff who must bounce the ball on their racket at least once.

5. BOWLS

Use the 3 red balls to try and hit the jack, the white ball or come within 50 cms of it.

6. NETBALL

Try and get at least 6 tennis balls into the bucket