

## Appendix F: LSV Minor Games



# LSV MINOR GAMES

The following activities consist of various games that could be used as:

- Warm-up activities
- As an alternative activity if required (i.e. when the surf is too dangerous to enter or there are weather restrictions)

## GENERAL GAMES-

### 1) SHARKS AND SAVERS

**Area:** Open sand or grass area

**Skills:** Speed, agility and teamwork

**Equipment:** Cones or flags, sashes

**Description:**

- Mark out an area with cones (depending on the number of students)
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more participants as 'it' (sharks)
- All other students are to find a partner (savers)
- Each person must link their arms with their partner. Participants must remain linked at all times.
- If participants are tagged by a shark or their link has broken, they must face each other and place both hands together to make a bridge
- To become free, another linked pair can run under their bridge
- There are a few different options to conclude the game: The game continues until all pairs have been tagged (can take a very long time) or a time limit can be put in place at the start and once the time is up, the number of captured pairs are counted.
- Encourage pairs to work together to free each other (i.e. be aware of sharks )
- \*\*\*Modifications: Change the number of people 'it', increase/decrease area

### 2) HOSPITAL TIGGY

**Area:** Open sand or grass area

**Skill:** Speed, agility

**Equipment:** Cones or flags

**Description:**

- Mark out an area with cones
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more participants as 'it'
- When a participant gets tagged, they must grab their elbow with their hand as if they have an injury and run like this
- They can still stay in the game
- When they get tagged a second time, they must grab their knee, with the hand of the injured elbow, and run around like this
- When they get tagged a third time they must lie down and play dead
- Game is played until there is one person left who is crowned the 'winner'

### 3) LIFESAVER TIGGY

**Area:** Open sand or grass area

- *Can be played in waist deep water to encourage participants to use wading skills*

**Skill:** Speed and agility

**Equipment:** Cones or flags

**Description:**

- Mark out an area with cones
- Make sure it has been cleared of all debris
- Depending on the size of the group, designate one or more participants as 'it'.
- When a participant is tagged they must stand with one hand shading their eyes, the other hand on their hip, and their legs shoulder width apart.
- To be freed and allowed back into the game, another participant must tag the persons foot.

### 4) OCTOPUS

**Area:** Open sand or grass area

**Skill:** General Information. Discuss octopus and jelly fish. *Find out how much information the participants know and briefly discuss the dangers and what you should do if you are stung etc.*

**Equipment:** Cones or flags

**Description:**

- Set up a designated area with cones
- Nominate 1-2 participants to be 'it'
- They will stand in the designated area. The rest of the participants stand outside the designated area
- Their aim is to run from one side to the other with out being 'tagged'
- If the participants are tagged they become seaweed and must stand still using only their arms to try to 'tag' other participants as they run past

### 5) RIPS AND ROCKS

**Area:** Open sand or grass area

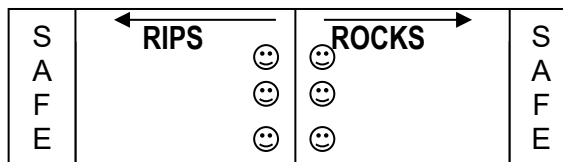
**Skill:** Speed, agility, change of direction, environmental dangers

**Equipment:** Cones

**Description:**

- Mark out a rectangle with cones, including a half-way point (refer to picture)
- Have students get into pairs and stand opposite each other at the half way line (arm distance apart)
- Nominate one side to be RIPS, and the other side to be ROCKS
- Instructor calls out either RIPS or ROCKS
- If 'RIPS' is called out, those students turn and try to make it to their safe line without the ROCKS tagging them. If ROCKS is called out, they try to make it to their safe point without the RIPS tagging them
- Participants come back to the centre and the game continues. They can keep their own tally to find a winner in their pairs

\* Modifications: Call out different environmental words starting with 'R' to trick them i.e. Rubbish. Change the 2 words to 'S' words i.e. Sun and Sand. Use this game to look at Animal and People Dangers e.g. Sharks and Stingrays etc.



## 6) SUN SALAD

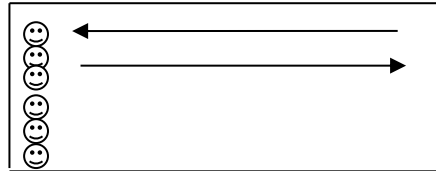
**Area:** Open sand or grass area

**Skill:** Speed, Sun safety

**Equipment:** Cones

**Description:**

- Mark out a rectangle with cones
  - Participants to start at one end of the area. Give each person a different Sun Smart word: Slip, Slop, Slap, Seek or Slide
  - Instructor calls out a word and the people given that word need to run to the other end of the area and back. The last 3 participants need to do 5 star jumps.
  - If 'Sun Salad' is called out, all students run to the other end of the area and back.
- \* Modifications: Call out different words to trick them. Use this game to look at DRSABCD



## 7) LETTER SAND SCULPTING

**Area:** Open sand or grass area

**Skill:** Teamwork, what students know or have learnt

**Equipment:** Designated areas for each group

**Description:**

- Divide students into groups of 2-4 and designate an area for participants to use
- Groups will be given a letter, and have to come up with a sand sculpture/diagram which represents that letter
- It may be what they already knew, or something they may have learnt during the program: e.g. F: Flags, D: Dangers etc. Set a time limit of about 5-10mins

## 8) BUCKET RELAYS

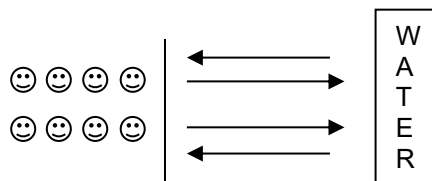
**Area:** Open sand or grass area

**Skill:** Speed, agility, teamwork

**Equipment:** Cones, buckets with & without holes

**Description:**

- Get participants into even teams and standing in a straight line facing the water
- On 'Go', the person at the front of the line runs to the water with the bucket with holes, fills it up and tries to bring as much water back to their team to put into the bucket with no holes.
- The next person in line then repeats
- You could either have participants keep going until the bucket the first bucket is completely full or everyone has a turn and the winning team is the one with the most water



## 9) ANIMAL STEAL

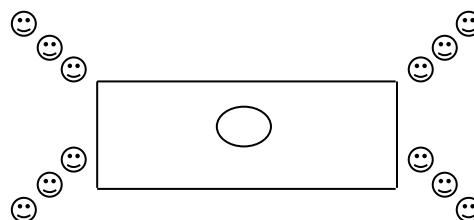
**Area:** Open sand or grass area

**Skill:** Teamwork, speed, strategy

**Equipment:** Hula Hoops, animal beanbags

**Description:**

- Divide participants into 4 even groups and place in each corner of the designated area
  - Place animal beanbags in the centre. One at a time, a person from each group runs to the centre, collects ONE beanbag and places it in their teams' hoop (draw a circle). Next person does the same
  - This continues until all beanbags have been taken. Participants can then, one at a time, go to other groups and steal a beanbag and return to their group. They have 1-3 minutes to do this
  - The group with the most beanbags win.
- \* Modification: Add point value to different beanbags; Safe animals earn more points, and dangerous less



## **10) SURVIVOR**

**Area:** Open sand or grass area

**Skill:** Speed, agility

**Equipment:** Sashes (if available)

**Description:**

- Nominate 1-2 people to be 'IT'. All other participants to stand in designated area with a sash in their pocket
- Once a person is tagged they then join the taggers and become 'IT'. They need to place their sash on to show this. The game continues until there is only one person standing who is the winner
- \* Modification: Have more or less students 'IT' or time how long it takes to tag everyone

## **11) ROCK, BRIDGE, TREE (EXTENSION SWD)**

**Area:** Open sand or grass area, water

**Skill:** SWD

**Equipment:** N/A

**Description:**

- Participants are put in teams of 4. 1<sup>st</sup> participant runs to water's edge and crouches down like a rock.
- 2<sup>nd</sup> participant runs, leap frogs over rock and wades out to knee deep water, they stand and bend forward like a bridge,
- 3<sup>rd</sup> participant leap frogs over rock and wades out to knee deep and dolphins under bridge to chest (or other safe depth) water and stands like a tree.
- 4<sup>th</sup> participant leap frogs over rock and wades out to knee deep and dolphins under bridge and swims around the tree, then back under bridge over rock and back to start.
- One at a time, each participant, starting with the tree (in reverse order) head back to the start.
- Swap over and repeat if necessary

## **ACTIVITY SPECIFIC GAMES-**

### **12) ROPE THROW**

**Skill:** Rescues, Calling for help! Distance and Accuracy.

**Equipment:** Long ropes

Cones

Hula Hoops (if none, draw a circle in the sand/dirt)

**Description:**

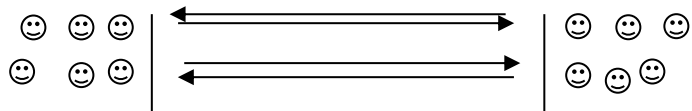
- Participants stand behind cones, with the person at the front of each line in the designated hula hoop/circle. The person at the front of the line will then coil the rope and throw it to the person opposite in their team with neither person stepping outside the designated area.
- Once the rope has been successfully thrown to the person opposite, they return to the back of the line, with the opposite person repeating the process. Participants continue to do this until everyone has had a turn. Teams must be sitting down to win.
- When rescuing a victim it is important that the rescuer can throw the rope far enough and accurately to them.

**13) PFD CHALLENGE**

**Skill:** Learning how to wear and put on a PFD

**Equipment:** PFD & Cones

**Description:**



- Have participants standing in two lines opposite each other about 10 – 20 meters apart with a PFD on the ground in front of them
- When the leader blows the whistle the first participant will put on the PFD (zip/clip/rip), run to the half way mark, complete 5 burpees (jump up and go into a push up) and then give to their group member opposite them. Once they get there they have to take off the PFD and give it to the next person who will put it on etc
- Keep going until all the members in the team have had a go. First team sitting down will win
- \*\*\*Modifications- Change burpees to push ups/sit ups, lunge, skip, hop or squat jump to other side etc.

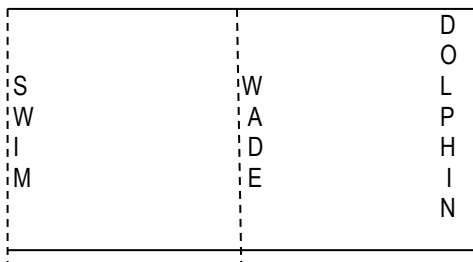
**14) SWIM, WADE, DOLPHIN**

**Area:** Open sand or grass area

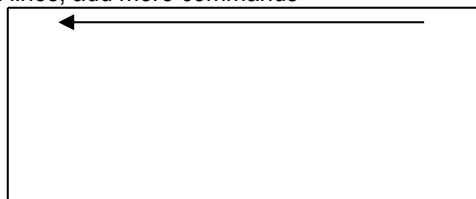
**Skill:** Understanding the swim, wade, dolphin

**Description:**

- Mark out a rectangle with cones, including a half-way point and designate a word to each dotted line



- Participants start at a designated line and, on command, an order is called out i.e. Wade. Students go to that line
- If Wade is called out, students must run with the wade action to get to that line
- If Swim is called out, students must run to line and lie on stomach doing the swimming motion in the sand
- If Dolphin is called out, students must jump to line, mimicking the jump off the ocean floor
- No students 'go out' in this game. The last 3 people back do 5 star jumps and return to the game.
- \*\*\*Modifications: Just run to designated lines, add more commands



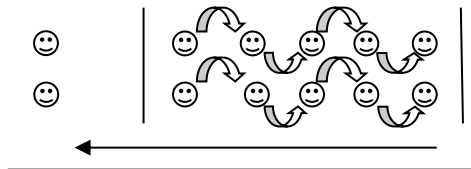
### 15) RESCUE TUBE TUNNEL BALL

**Area:** Open sand or grass area

**Skill:** Learning how to use a rescue tube

**Equipment:** Cones, hula hoops, rescue tube

**Description:**



- Divide the students up into teams of roughly 6-8 people or depending on the number of rescue tubes
- Participants are to spread out between the 2 lines on the diagram (roughly 10-15m)
- One person is to stand facing their team in the hula hoop/circle in sand
- The person in the front of the line should have the rescue tube
- On 'Go', the person at the front of the line turns to the right to give the student behind the rescue tube. That person then turns to the left and gives it to the student behind them. This continues until it reaches the back of the line
- The last person in the line runs with the rescue tube outside their team to the person standing in the circle. The person in the circle must successfully put the rescue tube on the person and then remove and take to the front of their teams' line. The person who just had the rescue tube put on waits in the circle until the next person comes.
- This continues until everyone in the group has put the rescue tube on and participants are sitting down

### 16) FITTEST LIFESAVER

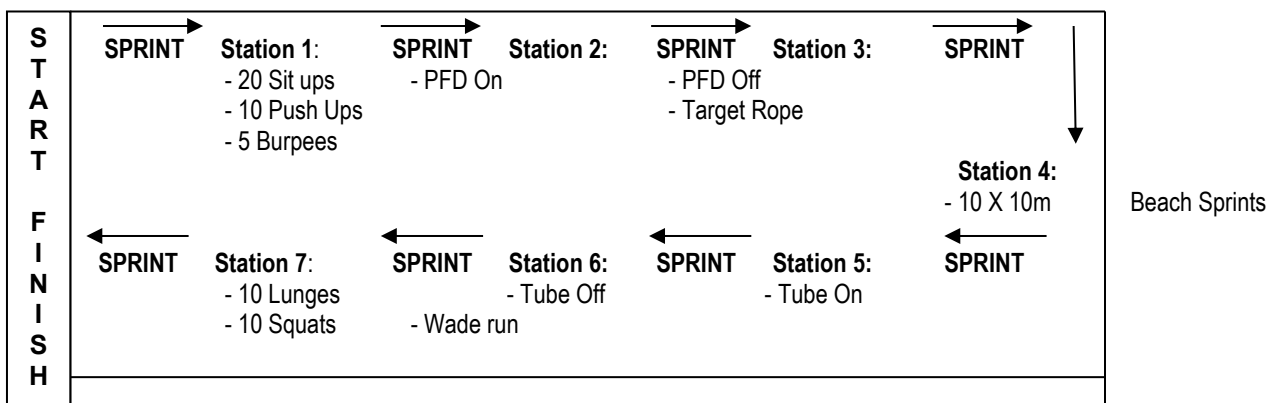
**Area:** Open sand or grass area

**Skill:** Speed, agility, change of direction, all skills in rotations

**Equipment:** Cones, PFD's, rope, rescue tubes, beach flags

**Description:**

- Set out cones for each station/activity
- Refer to diagram and station details below
- Station 1: Participants complete 20 sit ups, 10 push ups and 5 burpees in any order
- Station 2: Participants place the PFD correctly on and run to station 3
- Station 3: Participants remove PFD, coil the rescue rope and aim to hit target (continue until successful)
- Station 4: Participants lie on stomach and run 10m, turn and lay back on stomach and repeat 10 times
- Station 5: Participants put on rescue tube and run to station 6
- Station 6: Participants remove rescue tube and wade to station 7
- Station 7: Participants complete 10 lunges and squats and then sprint to the finish line
- \* \*\*Modification: Include other items such as nipper/body boards, ropes etc.



## 17) BODY BOARD SAYS

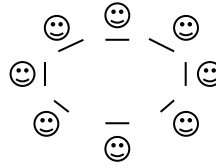
**Area:** Open sand or grass area

**Skill:** Change of direction, nipper board skills

**Equipment:** Body boards

**Description:**

- Participants stand in a circle with their Body Board in front holding the board with 2 hands (Ensure circle is big enough so board does not 'Hit' anyone and leave even space between each person)
- Instructor gives one of the following commands- Turn Left, Turn Right or Turn Round
- Turn left: Participants move left and grab board on their left side before it touches the ground
- Turn Right: Participants move right and grab board on their right side before it touches the ground
- Turn Around: Participants turn around and grab their own board again before it touches the ground
- If a person does not get the board before it hits the ground, they are out of the game. (Participant shouldn't be out doing nothing. Have them be a judge or complete star jumps, sit ups etc.)
- Game continues until there is one winner. Re-iterate skills used when body boarding i.e. turning



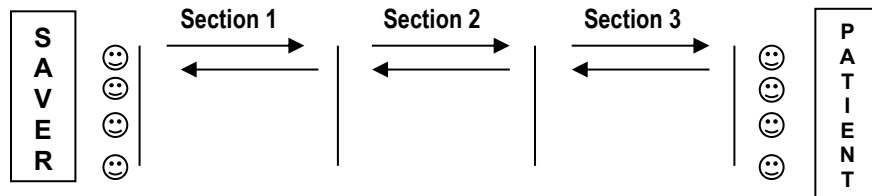
## 18) NIPPER BOARD RESCUE RACE

**Area:** Open sand or grass area

**Skill:** Speed, board rescue

**Equipment:** Cones, nipper boards

**Description:**



\* **Safety:** Ensure that every time the nipper board is placed on the ground and a participant hops on, that a hole is dug to avoid any damage or alternatively, have participants pre dig the holes in each section (make sure participants look out for the holes to avoid injuries)

- Place participants in pairs and nominate one to be a patient and other to be a lifesaver.
- Area is divided into 3 sections, with the lifesaver up one end, and the patient the other.

### Getting to the patient-

- Section 1: The lifesaver runs to the end of section 1 with the board.
- Section 2: Lifesavers place the board on the sand, straddle the board and reassure patient, Pick up board and run to section 3.
- Section 3: The Lifesaver hops onto the board like they would in the water and must complete the following: 10 complete strokes, 3 left turn strokes, 3 right turn strokes & bob head down and count out loud to 3 to mimic going under wave (duck dive)
- Lifesaver then high fives the patient and reassures

### Getting patient to safety-

- Section 3: The Lifesaver, on the shore side of the patient, guides the person to section 3 and places on front of nipper board. Lifesaver gets on the back of board (between patients legs) and completes 20 full strokes and then mimic catching a wave in with the patient by both lifting body up to avoid nose diving. Encourage patient to safely get off board. Leave board in Section 3 and run with the patient to Section 2.
- Section 2: Both the patient and lifesaver commando crawl on the sand to Section 1. (This may represent the difficulty of rescuing a person)
- Section 1: The lifesaver and patient get up and run to the end of section 1. The first team back is the winner.
- Ensure each participant has a turn at being the Lifesaver and Patient.

\* **Modification:** If group have completed the DRSABCD rotation, incorporate that at the end of the rescue.

\*Break each skill up individually before you do a complete run through of the race.