



Fit 4 Gold: Games & Interactive Ideas



Tip

Some kids hate competition, others thrive on it. Be sensitive to the needs and mood of your group. Don't make anyone do something that they would find embarrassing.

General games

'Opening ceremony' theme

High energy warm up stuff – use your theme song perhaps. Have some younger leaders lead some warm-up exercises to some lively music. Have a couple of lively songs either Christian or secular with or without actions. 'Wii Just Dance' can be boy-friendly.

Name in a minute (some of this is rather adult, maybe all age service friendly)

- How many Olympic sports can you name in a minute?
- How many athletes?
- How many competing countries
- How many previous venues?

How long/how far etc

- In some short distance competitions, swimmers hold their breath for the whole race. How long can you hold your breath?
- How long does it take for you or a leader to get a pedal pusher from A-B?
- How low can you go limbo dancing?

Silly races – see also obstacle races theme 4

- Space hoppers
- Pedal pushers
- Sack race
- 3-legged races

Indoor hockey using a pair of socks rolled into a ball and rolled up newspapers for sticks. Don't put too much paper into the sticks however as they can hurt quite a lot when they decide to wack each other! Do a risk assessment to decide if it is suitable for your group.

Olympic blockbusters: grid with initials of athletes or events. Teams take it in turns to try to get across the board by guessing what the initials stand for

<http://eflclub.com/elvin/publications/highmotivationlistening.html> shows a grid.

'What's this?'

This is based on the game 'Sprint finish' at the end of a Question of Sport

Show someone a word or phrase with a sporting connection. They have to get their group to guess what was on their card. They can use both words and actions but they must not use any of the words on the card or words that are too close e.g. swim and swimming.

With large groups you could see how many a team can guess in a minute. With smaller groups, it would probably be better to let different people take turns rather than have just the team leader out front as they do on TV.

Suggestions for words: Start with some easy ones and work up. For example

Easy: tennis; diving; gold medal; table tennis; mountain bike; beach volleyball;

Medium: hurdle; false start; heat; photo finish; marathon; qualify; Triple jump; world record; torch relay; semi final; false start;

Harder: Triathlon; Tom Daley; Kelly Holmes; Usain Bolt; Steve Redgrave; Dai Greene; Pentathlon; Athens; Be-Jing; Hyde Park ; Serpentine;

Note When I tried this out with my group in 2011, I also explained some of these terms because they had never really experienced an Olympic games and knew little about it. They really enjoyed the game. Many of them seemed to prefer to use actions rather than words to convey their sports phrase.

Equipment recognition game

Have some pictures of sports equipment and they have to guess the sport. PowerPoint would be helpful here.

e.g. different bats; different balls; fencing foil; goggles; arrow; shot put; discus; javelin; pole; hurdle; gymnastics bar; etc

Water games

<http://ministry-to-children.com/messy-games-for-kids>

Craft related

- Friendship bracelets
- Design a mascot
- Design a logo
- Design a team outfit / team colours
- Collage

Theme 1: Being Chosen

Card/conjuring tricks: any that require someone choosing something. You would probably need someone already with an interest in conjuring for this but ask around.

Choose a rep game in teams – choose reps from your team to / for (*select*)

If practical give out sweets as people are chosen – the emphasis is not on winning here but on being chosen. Be flexible and random – find any excuse for choosing people!

- Run a sack race
- Space hop across the grass
- Pogo stick
- Limbo dance
- Throw a wellie the furthest
- Hold their breath the longest
- Join the music group in church
- Join the coffee rota if needed
- Set up the DVD for me if I need help, which I probably will!
- Make a banner that says 'You are worth more than gold'
- If someone needed encouraging, who in your group would be good at that?
- Is there anyone you would enter for Britain's Got Talent?
- Choose someone who is going to be famous in 10-15 years time!! (They can't know this of course which is the whole point)

Has everyone been chosen for something – except that last one?

God chose even them!

People God has chosen to be on his team

Do this as a guessing game

Put the names up on a board **or** give each team cards with Bible names on them – (you need more names than clues or it gets too easy at the end, but don't swamp them)

Read clues – when the team thinks they know who it is, someone holds up the card.

Paul Acts 9:15 & Acts 22:14-15

- He became a very unexpected new team member for the Christian squad when he was chosen by God despite being a rebel and throwing many Christians in prison.
- He was really brainy and perhaps some saw him as a bit of a nerd. He also had some kind of handicap he described as a 'thorn in the flesh'. He sometimes earned his living by making tents.
- He had a vision just outside Damascus in which he saw and heard Jesus. Thousands of people became Christians through his work and many still read his letters today.

Mary

- She was chosen for a very special role even though she was only a teenager from a remote village in Israel.
- She was visited by an angel and told that she was going to have a baby.
- This baby was to become the man who changed History, reversing the enormous damage that had been done many years earlier.

David 1 Samuel 16; Acts 13:22

- He was often overlooked in his family because he was the youngest of 8 brothers. He was perhaps around 10-12 years old when he was chosen for this special role.
- He was probably already good at sports such as archery and slingshot but he was too young for anyone to see his full potential.
- He was chosen to be the future king because God said, 'I have found a man after my own heart. He will do everything I want him to do.'

Saul 1 Samuel 9 – 10:24

- He was chosen for a special role when he was on a trip looking for the family's lost donkeys. His search took him to a town where there was a prophet called Samuel who saw him and said – don't worry about the donkeys – there is a seat reserved for you at the feast that will start shortly.
- The next morning Samuel anointed him with oil to be the 1st king of Israel. He didn't feel he was good enough and tried to hide later on at the public selection meeting but God chose him anyway.
- He spent many years bravely fighting the Philistines but decided not to accept the challenge of the giant Goliath. He became unstable in his later years, trying to kill his son-in-law, David

Peter

- He was a working class fisherman with only a basic education but
- God chose him to be one of Jesus' closest friends
- and to be the leader of the early church

Moses

- God chose him for a special leadership role and did not dump him even when he messed things up by losing his cool and killing a guy.
- He spent the next few years 'training' for this role in the wilderness. This was helpful because he later had to lead thousands of people through this area.
- He had been brought up by a family from a different culture after being found floating in a basket in the River Nile.

Abraham

- He was chosen because he had great faith in God and became known as a friend of God
- He left a comfortable life in a city because of his faith and spent the rest of his life living as a nomad in tents. He became rich with many sheep and cattle.
- He had a wife named Sarah and sons, Isaac and Ishmael.

Samson

- He misused his gifts and had to be disqualified for a time but he was re-instated just before he died & really brought the house down!
- He was known for his great strength but
- He lost that when he broke the last of His special Nazarite vows to God when his hair was cut.

Others

- Ruth – wrong nationality
- Deborah – female leader around 1130 BC
- Joab – chosen to be the commander of King David’s army when he won the competition to climb the water shaft into Jerusalem
- Samuel – chosen to be a prophet and leader (judge) which meant having to grow up with foster parents.
- Mephibosheth – chosen to eat at the king’s table every day and was treated as one of the king’s sons. He was disabled because he was dropped as a baby.

Match up:

Abraham	Mary	Ruth
David	Moses and Samuel	Samson
Deborah	Paul	Moses
Joab	Peter	Mephibosheth

Maybe reinforce this idea in your Prayer Space area

Theme 2: Being Equipped

The right gear: Dressing up games

- Team game where they have to match a piece of equipment or clothing with the right sport
- Dress a team member using household items / scraps e.g. newspaper, loo roll, old sheet or pillowcase etc
- Dress up a leader or 2 in the right/wrong outfits for a particular task. Discuss or comment on how easy/difficult it would be to do the task.

- What are you equipped for here?

Need a good assortment of

- footwear
- hats/helmets
- sports equipment
- types of sports and other clothing
- motor bike gear is useful for this
- dice optional

They can either all play using the dice to decide which pile of clothes etc they select from or play in teams dressing up one person per group.

We had about 12 and they all wanted to dress up. We played by saying that if you roll a 5 or 6 you pick something from the clothes bag;

1 or 2 you pick head or footwear;

4 you pick equipment and

3 you are let off and pick nothing. We had 2 dice going round the group.

When done, have fun discussing what each of them is equipped to do.
Then tell them to swap clothes with each other to try to get an outfit.
This leads into talking about wearing the right kit as a sportsperson or a Christian.

Who is best equipped for?

- Skiing
- Cycling
- Rowing
- Swimming
- Riding a motor bike
- Fencing
- Running long distance
- Space walk

Food games

Good food /bad food

Choose a game or have a discussion based around the theme of good and bad food.
For example have 2 plates of food made up – one good and one bad. Ask - if you had to eat just one of these choices for a whole month, which would you choose?

Healthy v. junk food

For an extended version of this, lay one table with healthy food and another table with junk food.
Invite the young people to choose something to eat. Discuss which looks more appealing and which is better for you.

Perhaps do some mix and match food so that you have food that looks good that tastes horrible such as sweets with mustard or chilli in them and food that looks horrible but tastes good such as custard with blue food colouring.

Do the same with different types of reading material.

Sweet recipes

Truffles

4oz milk chocolate

1oz butter (not soft margarine)

1oz icing sugar

2oz plain cake crumbled into fine crumbs (or crushed biscuits for a crunchier texture)

Add mustard or chilli to part or all of the mixture

Melt chocolate & butter

Stir in the sieved icing sugar

Add the crumbs & mix well

Divide into small balls and roll in chocolate strands or vermicelli

Peppermint or other flavoured creams

Use ready-made icing and add food colouring and flavours



Team Mates

In teams of about 6, pass round a ball, beanbag or a bat using feet or elbows but no hands.

Stepping stones game: Mark out an area of grass or floor to represent a river. Put them into small teams and give them some 'stepping stones' in the form of floor tiles or pieces of card etc. If there are 6 in the team, give them 5 tiles; if there are 5 in the team give them 4 tiles etc. They have to find a way to get themselves over the river. If they are good at this, make it harder by taking away a tile or by blindfolding one of them.

Three-legged race: in two's, tie their ankles together so that they have to work in unison to get from A to B. Be prepared for a few bruises!

Exercise and Training:

High energy warm up stuff. Have some younger leaders lead some warm-up exercises to some lively music either Christian or secular.

Wii - Just Dance 1

Eye of the Tiger song

Cotton eye Joe

Theme 3: Target practice; Faith

Target practice games

- Dodge ball is generally popular even with kids who aren't good at games.
- Penalty shoot-out
- Knocking tin cans off a wall with a beanbag or tennis ball
- Throwing balls into a bucket
- Pedal pushers – timed races

Faith games

Eating something when blindfolded – do you trust the person feeding you? Check concerning allergies first

Theme 4: Obstacles, challenges

Obstacle courses

Design a home-made obstacle course with things to climb, tunnel under, water, nets logs etc. & use items such as Space hoppers, pedal pusher etc. Remember to do a risk assessment. For holiday clubs, maybe your local army cadet group would be pleased to set one up and run it for you. That could be a good community building exercise.

Sack race (could use some cool sacks with fun faces available from eBay – search 'sack race set' or 'jumping sacks'. Old pillowcases can tear quite easily but are another option.)

Tiddly-wink obstacle course (I once had a small sensible group and we did this on some stairs which is great fun as it's like 3D snakes and ladders)

**The Silly Game**

The silly game is a diverse racing game designed to bring out the wacky side in competitors. Players must throw the giant inflatable dice to determine how many spaces they can move and in whether to leapfrog, wheelbarrow, hop, cart wheel or forward roll.

The game can be played with any number of players. Price: £6.30 from Amazon

Get Knotted

Giant version of twister; Price: £35 from Amazon

3m square mat with two inflatable giant dice. Game can be played by up to 30 players

Twister or Globetrotter – commercial game around £10

Giant snakes and ladders

There are various versions of giant snakes and ladders but it is important that it includes silly pictures and not just plain boring squares. The Peppa pig version is 80cm² and £10

Rumble in the Jungle Someone might have this at home. It takes several minutes to set up.

Theme 5: Treasure hunts

There are many ways of doing treasure hunts. You could mix and match ideas from different ones.

Basic Location Treasure Hunt

Make up a series of clues that direct them to different parts of the building and grounds. Each 'clue base' could have a word posted for them to collect or write down. These could make up a key Bible verse. Different groups could start at different parts of the 'route' or follow different trails so that they are not all in the same place at the same time. Have something special at either the end of the trail or back at base camp. If you use different Bible verses for each group remember to spread them across the same number of clue stations unless you are deliberately doing an easier and a harder version.

Coloured wool trail

Same idea as above but just use wool instead of clues. The words of the Bible verses may need to be unjumbled at the end. Use different colours for each team.

Chocolate game: Most people will be familiar with this game where the team take turns to throw a dice and when someone throws a 6 they have to dress up in hat, coat, gloves and use a knife and fork to get into and eat a square from a bar of chocolate. As soon as someone else throws a 6, they have to stop (unless you decide to let them finish anyway). Be aware that younger children take longer to dress up than older ones so it can be harder for them to reach the chocolate in a short time. The reward is the chocolate.

Sweets in flour game: press flour into small bowls and turn upside down to make a four mound. Put a small sweet on top and even one or two inside if you wish. Have one bowl per child for hygiene reasons. Invite them to eat the sweets but they must not use their hands. The sweet is the reward for getting their face messy. Be aware of the choking hazard with the flour.



The Amazing Scavenger Hunt

Great imagination is needed here as some of these words do not exist!

Objects to find:

1. A mascot (non-human) for the local football club
2. A Hidden Gem
3. A leaf that looks like a frog
4. A red Wossleburger
5. The world's most random object
6. Something that looks like something else
7. A Yellow Schneidel-Heider
8. Gifts for each leader

For groups with mobile phone cameras

If your young people do not have cameras then add some of these ideas to the list above:

Team to take **PHOTOS** of:

1. Something arty-farty
2. The best creature you can find
3. Something from the underworld
4. The oldest thing you can find
5. Upside down photo
6. The biggest poser
7. 24 of something in one photo
8. The sneaky photo
9. A photo of everyone in the team jumping in the air
10. The funniest photo ever
11. Human Pyramid photo
12. A photo of something that looks like something else

Loads of fun guaranteed! Created by Ian Mullens

'More than Gold' Treasure Hunt

This is more adventurous in terms of Bible based clues.

Print the answers from the PowerPoint onto yellow paper and make them look like medals. Stick them onto a cardboard disc or laminate.

Place them around the venue on walls or in hedges etc.

You either need to give each group a clue sheet and pencil so that they can write the answers as they go or you need to make enough copies of the medals for them to collect a set. They could then match the medals to the clues back at base.

The aim is to help them absorb some special verses. At the end ask them if they have a favourite and encourage them to take it home.



More than Gold Treasure Hunt: Leaders master copy

You may need to shorten this especially if you want them to collect medal tokens and link each token to a challenge. (See Word edition) You may wish to add page numbers for the Bible that your group use.

1. Faster, Higher, Stronger: the prophet Zechariah said that strength and power comes from **M S**. Zechariah 4:6-7

'You will not succeed by your own strength or by your own power, but by **my Spirit**,' says the Lord All-Powerful. Zechariah 4:6-7

2. When David wanted to make Jerusalem his capital city, the only way in was to climb up the water shaft. What was Joab's prize for being the 1st soldier to climb to the top? He became **C of the A** 1 Chronicles 11: 6;

David had said to his troops, "Whoever is first to attack the Jebusites will become the commander of my armies!" And Joab was first to attack, so he became **the commander of David's armies**. 1 Chronicles 11: 6

3. What made Samson the world's strongest man? **the S of the L** Judges 15:14;

Then the **Spirit of the Lord** entered Samson and gave him great power. Judges 15:14

4. Jacob agreed to work for 7 years for which prize? Genesis 29:20;

So Jacob worked for Laban seven years so he could **marry Rachel**. But they seemed like just a few days to him because he loved Rachel very much. Genesis 29:20

5. A gold medal is precious to an athlete. What is precious to God? Isaiah 43:4;

You are precious to me.....I give you honour and love you, Isaiah 43:4

6. Who was it whose face actually glowed after he had been spending time in the local prayer tent? Exodus 34:29-35;

Moses face was shining because he had spoken with the Lord. But he didn't realize it. Exodus 34:29-35

7. What is worth more than gold to God? 1 Peter 1:6; **O F**

Your troubles have come in order to prove that **your faith** is real. It is worth more than gold. 1 Peter 1:6-7

8. What was sweeter than honey and worth more than gold to David? **T of the L** Psalm 19:10;

The teachings of the Lord give new strength. They are worth more than gold, even the purest gold. They are sweeter than honey, even the finest honey. Psalm 19:10

9. What does God do to make us as pure as gold? **P M T T T** Job 23:10;

When he has **put me to the test**, I'll come out as pure as gold. Job 23:10



10. What was Abraham's prize for emigrating and believing that God would keep his promises to him? James 2:23; He was called **G F**

Abraham believed God, and God accepted Abraham's faith, and that faith made him right with God. And Abraham was called **God's friend**. James 2:23

11. Paul had Olympic status in the eyes of his culture but said this was worthless in comparison with what? Philippians 3:4-8;

I think that all things are worth nothing compared with the greatness of **knowing Christ Jesus** my Lord. Because of him, I have lost all those things, and now I know they are worthless trash. Philippians 3:4-8

12. Which family does God want us to be a part of? Ephesians 1: 4-5

Long ago, even before he made the world, God's unchanging plan has always been to adopt us into **his own family**. Ephesians 1: 4-5

13. Athletes used to be given an olive branch and now they get a medal. What is the difference between an athlete's prize and a Christian's prize? **E P** 1 Corinthian 9:24-25

All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an **eternal prize**. 1 Corinthians 9: 24-27

14. An ancient proverb say that w..... is better than gold. Proverbs 3:14;

Wisdom is worth more than silver; it brings more profit than gold. Proverbs 3:14

15. The great graffiti artist? Where has God written your name? **on the P of M H** Isaiah 49:16

I will not forget you! See, I have engraved you **on the palms of my hands**. Isaiah 49:16

16. When God saved David from being killed by his enemies, he described it as being...**P F D W** Psalm 18:16;

The Lord reached down from above and took me; he **pulled me from the deep water**. Psalm 18:16

17. What can't be shaken in an earthquake? **G U F** Isaiah 54:10;

Though the mountains be shaken and the hills be removed, yet my **unfailing love** for you will not be shaken. Isaiah 54:10

For group discussion

18. David's top prize

David had several prizes. Which one did he value the most?

- ◆ that he became king over all Israel age 30 - 2 Samuel 5:1-5
- ◆ the promise that there would be a king in his family line forever 2 Samuel 7:12-16
- ◆ the honour of the title 'a man after God's own heart'. Acts 13:22
- ◆ You always show me the path that leads to life. You will fill me with joy when I am with you.' Psalm 16:11



More than Gold Treasure Hunt: Clue Sheet



Look for the gold medals or the Bible verses and you will find the answers

1. Faster, Higher, Stronger: the prophet Zechariah said that strength and power comes from **M S**. Zechariah 4:6-7
2. When David wanted to make Jerusalem his capital city, the only way in was to climb up the water shaft. What was Joab's prize for being the 1st soldier to climb to the top? He became **C of the A** 1 Chronicles 11: 6;
3. What made Samson the world's strongest man? **the S of the L** Judges 15:14;
4. Jacob agreed to work for 7 years for which prize? Genesis 29:20;
5. A gold medal is precious to an athlete. What is precious to God? Isaiah 43:4;
6. Who was it whose face actually glowed after he had been spending time in the local prayer tent? Exodus 34:29-35;
7. What is worth more than gold to God? 1 Peter 1:6; **O F**
8. What was sweeter than honey and worth more than gold to David? **T of the L** Psalm 19:10;
9. What does God do to make us as pure as gold? **P M T T T** Job 23:10;



10. What was Abraham's prize for emigrating and believing that God would keep his promises to him? James 2:23; He was called **G F**

11. Paul had Olympic status in the eyes of his culture but said this was worthless in comparison with what? Philippians 3:4-8;

12. Which family does God want us to be a part of? Ephesians 1: 4-5

13. Athletes used to be given an olive branch and now they get a medal. What is the difference between an athlete's prize and a Christian's prize? **E P** 1 Corinthian 9:24-25

14. An ancient proverb say that w..... is better than gold. Proverbs 3:14;

15. The great graffiti artist? Where has God written your name? **on the P of M H** Isaiah 49:16

16. When God saved David from being killed by his enemies, he described it as being...**P F D W** Psalm 18:16;

17. What can't be shaken in an earthquake? **G U F** Isaiah 54:10;

For group discussion

18. David's top prize

David had several prizes. Which one do you think he valued the most?

- ◆ That he became king over all Israel age 30 - 2 Samuel 5:1-5
- ◆ The promise that there would be a king in his family line forever 2 Samuel 7:12-16
- ◆ The honour of the title 'a man after God's own heart'. Acts 13:22
- ◆ "You always show me the path that leads to life. You will fill me with joy when I am with you."
Written by David in Psalm 16:11