

DANGEROUS CAMPING



Woodland Rampage

ACTIVITY INSTRUCTIONS FOR POD LEADERS

GOAL

To build pod identity by spending time together doing something physical and fun, while creating memories

PLEASE REMEMBER:

- Enthusiasm and energy matter more than content. Your role is to keep enthusiasm and energy high, even if the activity isn't massively exciting!
- The rules, activities and scores are of secondary importance. If the pod isn't enjoying an activity, change the rules or just stop.
- You will be given a time limit for each activity. When the time is up, move on to the next activity station.
- The purpose of the scoresheet is to provide an additional motivation to get to the finish. Safety and enjoyment matter more than winning.
- Prompt everyone to drink water and wear sunscreen if necessary.
- Pay careful attention to the safety notes for each activity.



YOU WILL NEED

Hide and seek

- No equipment needed

Touching trees

- Blindfolds

Shoe relay

- Cones to mark where to run to/from
- Stopwatch

Stuck in the mud

- No equipment needed

Throw through the hoop

- 2 or 3 hula hoops
- String or rope to attach hoops to trees
- 3 or 4 frisbees

Don't touch the ground

- No equipment needed

Searching for signs of life

- No equipment needed

Spin and throw

- Bucket
- Tennis balls



Station 1

Hide and Seek

One person touches this tree and counts to 20 with their eyes closed, while everyone else hides. The counter opens their eyes and has two minutes to try to spot everyone while still touching this tree. Take turns to be the counter. On the score sheet, record the highest number of people any seeker managed to find.

Feel free to repeat this game until the next group arrives!

SCORE SHEET

Highest number found by a child.



Station 2

Touching Trees

Put dads and children into pairs (or 3s). One child in each group is blindfolded. The other person (or people) lead(s) the blindfolded person by a confusing route to one of the trees. (Make sure you pay attention to low branches and trip hazards.) Once there, the blindfolded person must feel and smell the tree until they really know its texture and features. They can stretch up to see if they can reach any branches, and hug the tree to gain an understanding of how thick the trunk is.

Once the child thinks they know their tree, they are led back to the starting point by a different route, so they cannot memorise their way. The blindfold is then removed and the person has to find their tree.

Then swap over, giving the dads a turn.

SCORE SHEET

"How many trees did the whole team find?"

SAFETY

Children are very bad at guiding those who are blindfolded! They don't notice low branches or trip hazards. Ensure that one or two adults are watching for potential accidents.



Station 3

Shoe Relay

Split into two teams. Stand facing each other, about 10 metres apart. Place a cone at each end of your team's line.

Use different cones to mark a short line midway between the two teams.

Start a stopwatch.

The first person from each team must run to the central cones, take off their shoes and then run back. The next person must run to the pair of shoes, take off their own shoes and put the previous person's shoes on, then run back.

Continue until everyone has a different pair of shoes on. The first person will have to run again to put on the last pair of shoes.



SCORE SHEET

"Time taken to complete the task: ..."



Station 4

Stuck in the Mud

Identify the boundaries of the playing area.

Choose three people whose goal is to try to get everyone else 'stuck in the mud' by catching/tapping them.

When you are stuck in the mud, you have to stand still, with your legs and arms out, until another player crawls under your legs to set you free.

There is no scoring for this. Play until you've had enough!



SCORE SHEET

No scoring



SAFETY

Highlight trip hazards, low branches or other dangers in your playing space before you start.





Station 5

Throw through the Hoop

Hang one or more hoops from a tree (or trees). The whole group stands in a circle 5–10m across, with the hanging hoop(s) in the centre. A team member throws a frisbee through a hoop and someone on the other side of the circle tries to catch it, then throws it back through the hoop. Different people can be throwing frisbees at the same time. Score one point every time a frisbee goes through a hoop.

You could start by giving a lesson in throwing a frisbee – it's all in the wrist!



SCORE SHEET

"How many times did you throw through a hoop?"



SAFETY

Warn children to remain alert so they are not hit by a frisbee. Keep checking for distracted children.



Station 6

Don't Touch the Ground!

Your challenge is for your pod to make a team structure with as few body parts touching the ground as possible. You have to hold your final position for five seconds. Then count how few hands, feet, bottoms, elbows, knees or other body parts were in contact with the ground?

You can't climb trees, or use equipment of any kind.



SCORE SHEET

"How many body parts were touching the floor?"



SAFETY

Don't put children at the bottom of the structure. Please don't risk anyone's safety for the sake of one more foot off the floor.





Station 7

Searching for Signs of Life

Can each child find either a living creature or evidence of a living creature? It can't be a tree or plant, but must be something that moves. So insects, spiders, caterpillars, worms and squirrels all count. Animal droppings, bird feathers, nests and burrows also all count.

Please do not touch or move the creatures or the evidence. You just have to find something and show an adult for it to count.

You have a maximum of five minutes.



SCORE SHEET

"How many creatures (or evidence of creatures) did you find?"



Station 8

Spin and Throw

Your challenge is to spin around three times very quickly, then to try to throw a tennis ball into the bucket.

Children take five steps away from the bucket before spinning and throwing. Dads take ten steps.

Each team member has one turn (children first, then dads). Then each team member has a second turn. Then each has a third turn. (This allows time for recovery from dizziness in between turns, and draws less attention to anyone who struggles to throw well). Dads' failures will encourage the children!



SCORE SHEET

"How many balls did you get into the bucket?"

