

Activity Guidebook

















NOTES ON THIS GUIDEBOOK

Activities are...

Fun! Exciting! 50% of the students' time is spent with you in activities, and we want them to go back with 100% amazing memories. It is down to you as Activity Leaders to ensure that happens, as the face of the company we want the students to have the best experience thanks to your enthusiasm and creativity.

The more you put into the activity, the more you will get out of it. Just because you're the leader doesn't mean you can't join in and have some fun too!

This guidebook contains every activity that you will be leading, plus some extras! Be sure to read through it before your activity and ask your AM if you have any questions!

Bene/Rupert

ESSENTIAL AL INFO

What to do if ..?

If there is a last minute change, to student numbers/ staff numbers/ equipment/ facilities, don't panic! We employed you for a reason, be creative! Take your time to reassess. Every site is different and has different circumstances, follow these plans as best you can, but cater to your situation as necessary.

Accidents..?

Always take a first aid kit to each activity, and be aware of who your first aiders are and where they are.

Managing timings..?

Work as a team to set-up, the more time setting up, the less activity time! Sticking to timings is important to keep the whole site in a routine. Don't be afraid to use a timer and plan rotations!

Managing venue & equipment..?

Double check you have the necessary

equipment for each activity, and make sure that facilities are available and suitable. Get to know the school staff, they will help you too!

LIST OF ACTIVITIES















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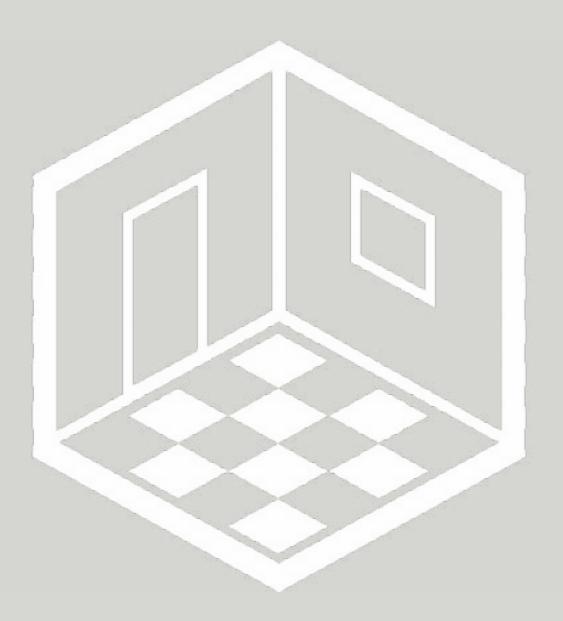
QUIZ & SOLVE

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> Introduction & Info

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5: Ice Breakers continued

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MUSIC & PARTY

> Introduction & Info

1: Disco

2: Talent show

3: Just dance/Karaoke

4: Activity Pending...

5: Activity Pending...



SPORTS & ACTIVE





INTRODUCTION & INFO ON THIS THEME

Sports activities are...

a mixture of different activities, mainly sports but also games and activities that require students to be active and join in!

These activities are very popular and are there for the students to blow off some steam and show their competitive side! It's important to remember that our students range in age and ability, therefore we need to ensure activities cater to all needs and abilities, so be prepared to adapt! It's an opportunity for students to practice their english skills in a different environment, so be sure to explain rules clearly with commands and instructions supported with demonstrations. Everyone has different favourites, so be sure encourage students to try new sports and immerse themselves in the experience! It can be tiring but these activities require preparation, enthusiam and teamwork. But join in and show your competitive side and it'll be great fun!

IMPORTANT- every activity:

- Remind students to bring water
- Communicate between you who is bringing what equipment
- Bring ice packs & a first aid kit















1: Dusemond HAKA!

This Activity...

is a dusemond classic! It's a great way to break the ice and get to know the students.

The idea is that students take inspiration from the Maori traditional war dance that the All Blacks perform before their rugby games.

Preparation

- Collect the students and take them to a room where they can see a projector or a big screen
- Display the Haka Presentation on the screen, there are several slides with information about the haka and an example
- Plan how you are going to split the teams, if its by class etc.
- Take a speaker and face paint
- Take a phone to time the practice and take photos
- Work out how long you have to practice and all the performances

Detailed description

- Once you have shown the students the presentation explaining what to do and asked if they have any questions, take them to the practice area.
- Dependant on timings to get started get in a group and do haka moves together.
 Get students to suggest moves or just play general dance games- such as the wink murder(dance version) or remember the move.

- Once you've done a few warm up games, split the group into the teams and tell them they need to make their own Haka
- As leaders you need to encourage them to make sounds, pull faces and ask if they want music/ face paint. Join in with them and help create moves if they need encouragement!
- Once they have had enough time to practice, have each group perform their haka

Wow moment

- Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!
- Why not make it a competition? Take a pen and paper with you and have each leader give each group a score out of ten.

Remember to give the winning team a prize!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















2: Touch Rugby

This Activity...

is a great option for the <u>Sports</u> or <u>British Bonanza</u> activity! New to most students- this version, one of our nation's favourite sports, is a great way to immerse in the British culture!

Much like normal rugby but less aggressive and no conversions - no contact!

We play a simplified version as to avoid complication

Preparation

- Be aware of what space you are using
- If there are no lines, set up pitches (size of 7 aside football) with cones, you need two clear try lines
- Take bibs for teams, not got enough?
 Choose students based on the colour of their top
- x3 rugby ball (one spare)
- Lots of cones!
- Whistles don't lose your voice!
- Two teams per pitch, one attacking. one defending

Detailed description

- To determine who attacks first, flip a coin or play rock, paper, scissors.
- Objective get the ball on or past the oppositions line and touch the floor to score a point

- We don't have tags but instead the kids have to double tap the opposition with both hands and shout "TAG"
- The attacking team can be 'tagged' 6
 times before a changeover occurs (defending team now attacks)
- Reinforce that no forward passing is allowed
- If someone is tagged, they must stop
 where they were tagged, past the ball
 back through their legs to a teammate
 and continue
- The defending team must keep their distance (7m) when the pass back occurs until their teammate touches the ball
- The team with the most points wins at the end of the game!

Wow moment

 Why not make this a tournament? See which team can score the most trys in the tournament and is the overall winner!'

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors















3: Capture the flag

This Activity... can be lead individually or as part of the Sports Tournament

Preparation

- Be aware of what space you are using
- If there are no lines, set up pitches (size of 7 aside football) with cones, you need a line in the middle going across
- Create a line in the middle of the pitch with cones
- Dusemond flags x2 per pitch
- Take bibs for teams, not got enough?
 Choose students based on the colour of their top
- Lots of cones!

Detailed description

- **Objective** when one team has successfully grabbed the fla from the other team and returned to their own territory.
- Firstly each team needs to place the oppositions flag somewhere in their own territory
- Start all players at a neutral location on the edge of the playing area.
- When the game begins, players try to cross into opposing teams' territories to grab their flags. Some teams might strategize beforehand and designate some players as seekers (who will go on the offense to try to find the other team's flag) and others as guards (who will protect

their own flag).

- Teams should not guard their flags too closely. One way to do this is to disallow players to be within 10 feet of their own flag unless an opposing team's player is present.
- When a player is in an opposing team's territory, they can be captured by that team's players. If they tag the player, the player must perform a task—say, five jumping jacks or three push-ups—before returning to their own territory.
- Players are safe and can't be captured any time they cross back to their own team's territory.
- The game ends when one team has successfully grabbed the flag(s) from the other team or teams and returned to their own territory.

Wow moment

 These are the general rules but adapt it to your group. Use your surroundings to come up with new forfeit's and even a new playing zone!

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors

Link to Classroom: Task based learning















4: Mocktail Making

This Activity...

is so much fun, and you get to be a part of it! Be prepared for the sugar rush too...

Students must make 2/3 cocktails and try and win over the judges taste buds!

Preparation

- Split the group into several smaller teams ideally 5/6 per team.
- Decide on 2/3 rounds eg. Round 1- make a red drink, Round 2- make a sour drink, Round 3- make whatever you want
- Suggested ingredients:
- Blackcurrant cordial, lime cordial, lemonade, fruit juice, an orange, a lime, sugar, tomato juice, strawberries, sprinkles, mint leaves
- A4 paper
- Coloured pens/ Pencils
- Choose your judges (yourselves)
- Score Cards
- Somewhere to write down scores!
- Cups
- Cocktail shaker
- Chopping Board/ knife
- Display the pre-prepared presentation

Detailed description

- Once you have decided on teams,
 split the ingredients evenly between the groups
- Show them the step-by-step presentation

- Aswell as the cocktail they need to make a poster that promotes the drink, with a drawing, a name, maybe even a catchphrase!
- They need to pitch it to you (as if they're on dragons den or bake off)
- Time the session! Make sure there is enough time for each team to prepare and present
- Judges need to rate the drink out of 10 for
 - taste, creativity and appearance. Then a total score out of 30
- Once the rounds are all over and you've given points, work out the total points overall based on how many rounds/judges you have
- Don't forget to take photos!
- Prize for the winners!

Wow moment

- Got an idea? Suggest it! If you think of another round or ingredient go for it!
- Why not present all the posters somewhere on site?

NOTE:

Suitable for: 10-50 Students

Age Group: Juniors and Seniors















5: Wacky Games

This Activity...

is hilarious, when planned correctly it's a real success! Great on a sunny day too! It's exactly as it sounds- sports day- with a twist!

Preparation

- Ideally this activity will be done on the field, even better- one with race lines and goals!
- This activity needs to be set up before the activity, in a rotation.
- Dependant on staff numbers, split your students into manageable groups per AL, with 2 spare groups for the 'break station'
- You need: Lots of cones, x1 Parachute,
 Bean bags, x2 sponge balls, x4 buckets, x2 sponges, x1 yoga ball, x2 goals (if not use cones), x1 race track (if not use cones), x2 sacks, x2 ties for 3 legged race, limbo pole, whistles, x 2 tennis rackets, x2 tennis balls
- Timings are KEY for this activity, ideally the AM or 1 AL will be the time keeper and will blow the whistle when groups need to move to the next station
- Speaker for music! (put it near the limbo station)
- x2 Water canisters

Detailed description

- Students will be organised into teams and then sent to a station, every 10 minutes the groups will rotate clockwise round the activities
- 1 AL per activity, not necessary for break stations
- Parachute a primary school throw-

back! The games are endless:
Lifeguard, Birthday game, Beanbag/ Ball
game, Cat and Mouse.

- Limbo How low can you go? See
 who can get the lowest out of the group
 by bending their legs and back but not
 touching the floor!
- Wacky races split the team into 2 tennis ball and racket, wheelbarrow race,
 3 legged race, sack race, monkey run
- Crab football normal football rules, but students are in a crab position on hands and feet, only the goaly can use their hands.
- Sponge and bucket race split the teams in two, the aim is to get all the water from one bucket to the other with the sponge, the team with the most water wins!

Wow moment

- Got time at the end? Why not do an AL vs
 GL's activity?
- The above activities are suggestions, you are welcome to come up with your own ideas/plans, but it requires planning and preparation!!
- eg. sack races, three legged race, egg & spoon etc.

NOTE:

Suitable for: 10-200 Students

Age Group: Juniors and Seniors

Link to Classroom: Task based learning















6: Mini Olympics

This Activity...

is the more 'serious' sports day. But still lots of fun!

Preparation

- Much like wacky games this requires lots of preparation and organisation.
- This will ideally be on the field, in a rotation round a circuit
- Dependant on staff numbers, split your students into manageable groups per AL, with 2 spare groups for the 'break station'
- You will need: running track (if not use cones), tennis balls, cones, tug of war rope, x2 bounce boxes, x2 water canisters,
- 1 AL per station, either 1 AL or the AM to be the timekeeper in the centre of the circuit
- Ensure each AL knows their station and is prepared to do a demonstration!

- Bounce how many bounces can you do in 1 minute? Students need to jump with two feet over the box as many times as possible
- Tug of war place 3 cones in a line, one in the middle of the rope, and one each towards the end of the rope, aim of the game is to pull the centre tie of the rope across your team's cone
- x2 break stations
- Finishing with a AL vs GL tug of war or relay!

Wow moment

- Why not make this a 3 hour session?
 Have each AL keep the top 3 highest scoring names across the session and have an awards ceremony at the end of the activity!
- The above activities are suggestions, you are welcome to come up with your own ideas/plans, but it requires planning and preparation!

Detailed description

- 100m sprint time to find the next Usain Bolt! See who can run the fastest to the finish
- Tennis ball throw who can throw
 the furthest? have a designated area for
 throwing, be ready to put a marker down
 where the ball bounces first and get students to stand in line with their marker
- Long jump starting on two feet see
 who can jump the furthest, using the back
 of their back foot as the marker

NOTE:

Suitable for: 50-200 Students

Age Group: Juniors and Seniors

Link to Classroom: Task based learning















7: Sports Tournament

This Activity...

Can be altered to what suits the site and the students! These are often less traditional sports. It is a way for teams to mix and compete against eachother in a range of different sports!

Preparation

- This activity works best in a sports hall where you can split the hall into 4 different sections.
- Rotations between the activities will need to be created beforehand in order to ensure all teams play eachother and try all the sports
- Games should be short and sharp, 5-6 minute games allowing for quick rotations
- Dependant on how many ALs you have and students you have, try and have 1 team off per pitch, if a team scores, another team swaps on. This allows you to have 3 teams per activity, 12 teams in total, reducing team sizes and wait times
- Ideally you will have 5 ALs, 4 on each pitch, 1 timekeeping
- You can choose out of the following activities: Benchball, Dodgeball, Longball, Human flag, Human table football, Volleyball

Detailed description

- Split the group into max 12 groups (per activity), number them 1-12, send them to the revelant pitch which corresponds to the rotations
- Benchball objective get your whole team on the bench. To start 1 player from each team starts on the bench, the rest of the team is in the opposite half of the pitch. Players must pass the ball to the ball to their player on the bench in order to get onto the bench. But this can be blocked or intercepted by the opposition. As more people get onto the bench, the harder it is for the rest of the team. Netball rules, no running with the ball, no contact and 1m distance at all times, including from the person on the bench, if this happens it is a free pass for the opposition. If the ball is dropped or the player falls off the bench, they go back to join their teammates.

- **Dodgeball** two teams face eachother across a pitch with a line of cones in the middle with the dodgeballs, **objective** throw the ball at all the opposing team to get them all out. Throws cannot be above the shoulder, if a player catches a ball, the first player out comes back on. To start, blow the whistle and players run to retrieve the balls from the centre
- Longball a mixture of baseball and rounders, there is a batting team and fielding team. Objective hit the ball without being caught out, get to the 'safe zone' for one point, or 'home' for 2 points without being hit. The safe zone can be the opposite wall, a coned off area etc. The aim of the fielders is to catch the ball or throw it at the runner whilst they run to the safe zone.
- Human table football football with a twist! Students must stay in a formation (attackers, midfielders, defenders, goalie) and not move, either due to holding a long rope/holding hands or being confined to an area. Set up like table football
- Volleyball with a net in the middle, the aim is to get the ball to touch the floor of the opposite side of the net, within the lines. The ball cannot be touched more than twice by a team and cannot be touched more than once by one person

Wow moment

Thought of a game that would suit this tournament? Give it a go and let us know!

NOTE:

Suitable for: 10-100 Students

Age Group:

Juniors and Seniors

Link to Classroom: Tasked based Learning















British Bonanza

This Activity...

is a great way to introduce the students to a classic british sports day.

Preparation

- Designate an area of the field for each sport
- What you will need: x1 cricket set, x1 rounders set, x1 croquet set, cones
- Ideally 1 AL per sport
- These games take longer than the average sport, designate 20 minutes per rotation, allowing for batting/bowling changes- it is likely students will only get one go at each sport
- Rotate the groups so they play different teams
- x2 teams per sport
- We play more simplified versions as to avoid confusion
- Take a pen and paper to keep score!

Detailed description

Rounders -

- One team bats while the other team fields and bowls.
- The bowler bowls the ball to the batter, who hits the ball anywhere on the Rounders pitch.
- The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for or to the bowler
- The batter is 'out' if the ball is caught, the post they are running to is 'stumped' or if their teammate runs to the same post as them and the one infront gets 'stumped'
- There are 4 posts, if the player gets to post 2 in one run, that's 0.5 points, if they run to

post 4 in one run, that's 1 point.

- If they are 'stumped' before they get to 4th base, they have 0 points and are out.
- The ball should be bowled above the knee and under the shoulder or it's a 'noball'
- If the player misses the ball they still run

Cricket -

- The fielding team tries to get the batsmen out by: Hitting the wickets with the ball when bowling, catching the ball, hitting the batsman's leg in front of the wicket, hitting the wickets before the batsmen can run to the other end of the pitch
- The batting team: tries to hit the ball across the boundary (if you have one) without being caught, and try to get 'runs', (running between the wickets)
- if the ball rolls over the boundary: 4 points, flys over: 6 points, 1 run: 1 point
- Croquet this is a fun option to have for students having their break, set up a route which students need to hit the ball, the first one to get the ball through all the hoops wins!

Wow moment

- Why not provide some classic british treats? Scones, biscuits and tea! This could be set up near to the croquet for those not playing to enjoy a picnic in the sun.
- If you have more students, involve a game of **touch rugby** too!

NOTE:

Suitable for: 50-150 Students

Age Group: **Juniors and Seniors**















9: Colour Run

This Activity...

is a messy one, but one to remember! Done correctly, this activity is a favourite for the students.

This activity requires a lot of preparation, including a plan for the tidy up process! Ideally the students will do a short run and then finish off with a massive paint fight!

Preparation

- Warn the students in advance that they should wear clothing they don't mind getting the powder on, maybe their dusemond t-shirt! They NEED to have another top on underneath
- An assault course/ fun run needs to be set up for the students to run along
- Then plan stations around the course where ALs will throw the paint at students
- This activity is subject to each site, student numbers and staff numbers. So plan ahead! Be Creative!
- Take a phone take photos
- Take lots of plastic cups for the paint
- Boxes of paint
- Make sure all houses have bin bags outside ready to change afterwards.
- Take a megaphone- you'll need it!
- Play some music

Suggestions

As well as paint stations, why not add some obstsacles, rules along the way?

Net Crawl

Water guns

Cone obstacles/ courses

Wow moment

- The more time and thought put into this, the better it'll go!
- Once the students have all done the run, hand out the paint for a big a group photo - try your best to not let the students throw it too soon..
- Got some paint left? (make sure it's not for another turn) - PAINT FIGHT!!
- Why not create a bit finish line banner for them to run through?

Clean up time...

- It's boring but important...students need to make sure they remove their paint covered tops - it's worht giving them a shake before as it comes off
- Tell them to remove shoes and socks before entering the houses
- Make sure you take all cups/packaging back from the run
- It is vital that you keep the buildings as clean as possible, as the schools might not let us do it again

Take LOTS of photos!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















10: Sports

This Activity... is an activity that can be provided as an optional extra when students are feeling tired after excursion day for example!

Preparation

- Offer students different options for the activity, based on how many ALs you have and suited to what they enjoy
- Any of the sports suggested in the <u>Sports</u>
 <u>and Active</u> section are suitable for this session
- Once you have decided what sports you are going to run, ensure you have the correct eqiupment and facilities available

Wow moment

- It may seem easy to let the students just play the sports, but get involved! Introduce new rules, play small sport based games and keep up the enthusiasm!
- Have you got some students who don't want to participate? Why not offer some of our icebreakers instead?
- Have you got a sport you're passionate about? Suggest a tournament or running a session!

Detailed description

Suggestions:

- Football
- Volleyball
- Basketball
- Badminton
- Frisbee golf
- Assault course
- Ultimate frisbee
- Human flag

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















11: Qudditch

This Activity...

is of course based on the famous game from Harry Potter, however we don't have flying broomsticks I'm afraid...

The idea is that the students play a ground based version of Qudditch. If done correctly it's a great way to get the students moving, especially if they're HP fans!

Preparation

- Create teams and rotations beforehand,
 in order to ensure all teams play eachother
- Dependant on how many ALs you have and students you have, try and have 1 team off per pitch, if a team scores, another team swaps on. This allows you to have 3 teams per pitch, reducing team sizes and wait times
- Ideally you will have 1-2 ALs per pitch,
 with one 1 timekeeping/ announcing rotations
- You need to create 6 qudditch 'goals' per pitch, 3 at each end. You can make these with hula hoops and sticks
- 1 volleyball (Quaffle), 3 dodgeballs
 (bludgers) and 1 tennis ball in a sock
 (snitch) (per pitch)
- each student on the pitch needs a broomstick - if these haven't been provided these need to be made/created
- Take a phone to time the practice and take photos

Detailed description

- Each team needs min. 7 players three Chasers, one Keeper, two Beaters and one Seeker. Change this as necessary
- All the balls (not the snitch) start in the centre of the pitch. Players start at their own end. An AL will shout: "Brooms Up" and the game begins.

- The Chasers job is to score as many goals as possible using the quaffle. They can pass and run with the ball. They can throw the ball through the hoops from either side (front or back). Each goal is worth 10 points.
- 2. **Keepers** stay near the hoops and it is their job to stop a goal being scored.
- 3. **Beaters** use the Dodgeballs to eliminate other players temporarily from the game to help their team. Only they can pick up the Bludgers and throw them at the opposing team. If a player is hit, they must drop any balls they are carrying, run back to their own goal, touch the hoops and then they are back in play.
- 4. Seekers These players need to find and catch the Golden Snitch. The Golden en Snitch is often attached to an AL. The Golden Snitch can hide anywhere nearby (not just in the playing field but all around the site (within reason).
- The seekers must find them and catch the Snitch. If they do, their team is awarded 30 points and the game ends.
- Note: winning the snitch doesn't always mean that team wins, due to goals being worth 10 points each!

Wow moment

- Take face paint for the teams!
- Why not run a 'broom making' activity before this activity?
- If you feel like it- add in new rules/ requirements

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















12: Mad Hatter's Tea Party

This Activity...

is specific to the Alice in Wonderland camp, but can be used elsewhere!

The idea is that students will do an activity that is themed around the Mad Hatter and Alice and Wonderland, it is similar to wacky games.

Preparation

- Plan how you are going to split the teams, if its by class etc.
- This will require set-up and preparation in advance!
- This will depend on what equipment you have/ what activities you will run
- This is a large activity with several different stations, so have 1 AL per station
- Take a speaker for music
- Take a phone to time the rotations and take photos
- The more you creative you are with this activity the better
- Ideally this activity will be done outdoors
- You will need to take tables/chairs out and decorate
- Pre arrange timings and who is on each station, if you need an extra station create break stations

Detailed description

- Once you have split the groups up into groups, send them to the relevant stations
- The activities below are suggestions:
- Croquet a classic Alice in Wonderland game that is very popular and will be new to most students. You could decorate them like flamingos from the film!
- 3 legged- race you will need some cones and something to tie their legs.
- 'I'm late' sack races

- hat toss create mad hatter's top hats and create a game where students must throw hoops/ bean bags in them
- Make the white roses red (for example) print/ create lots of white roses, when you flip them they are red. Have two teams and have a race to see who has to most of their colour by the end of the timer. (like volcanoes and valleys with cones)
- Tea Party- have everyone round the table, they can have biscuits and juice and sweets, why not play classic party games
 pass the parcel, duck duck goose, musical chairs etc.

Wow moment

- Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!
- The more creative- the better with this activity.
- Dress up in fancy dress, play music, do face paint, you'll enjoy it!

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors















13: Bonkers Bingo

This Activity...

is a new one, it takes inspiration from Bongo's Bingo, however, not including the alcohol...

The idea is that students will get to play a bit of bingo, but with some singing, dancing and of course - **PRIZES!**

Preparation

- A playlist and presentation has been premade - eventually this will change, but for now it's the best way to get music and a presentation to work together
- Equipment: Bingo books, pens (1 per student), PRIZES 3 prizes per page (eg. Dusemond merch, inflatables, sweets, football, cans of fizzy drinks)
- Ideally the room should be laid out with long tables with benches/ seats, with the stage at one end
- The presentation (number generator)
 should be displayed on the screen, with
 music playing as the students walk in
- As the students walk in, they should take a bingo card and a pen
- Get ALs in any fancy dress you can find!
 Build an atmosphere!
- Make sure you know how to use the screen/ speakers/ mics

dress etc.

- Bingo may not be everyone's favourite past time... so we need to make sure they understand the rules, take your time on the rules/ step by step - make sure YOU understand the rules
- Some numbers have songs one person should be on music, whilst the other is on the presentation AT ALL TIMES
- Per page there are 3 rounds one full line,
 2 lines, Full House.
- For each round, once someone calls 'Bingo' 1/2ALs should refer to the sheet of numbers already called, and make sure that the winner has ticked off the correct numbers
- If they have won, make a real song and dance about it! Give them the relevant prize
- There is no 'end' as it depends on how fast you're going - so you decided which game is last

Wow moment

- Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!
- Make sure you have enough Prizes for however many rounds you are planning to do!

Detailed description

- Collect all students and take them into the room you are using for Bingo
- At the door have 1 AL giving pens, the other bingo cards, inside you need ALs on 'crowd control' and of course- one will be an announcer/ host
- Build the atmosphere before getting started, have karaoke displayed on the screen, songs playing, people in fancy

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















14: Battle of the Ages

This Activity...

is specific to the History themed camp, but can be used elsewhere!

The idea is that students will do an activity that is themed around different historic games, it is similar to wacky games.

Preparation

- Plan how you are going to split the teams,
 if its by class etc.
- This will require set-up and preparation in advance!
- This will depend on what equipment you have/ what activities you will run
- This is a large activity with several different stations, so have 1 AL per station - make sure you know the rules for your station like the back of your hand!!
- Take a speaker for music
- Take a phone to time the rotations and take photos
- The more you creative you are with this activity the better
- Ideally this activity will be done outdoors
- Pre arrange timings and who is on each station, if you need an extra station create break stations

Detailed description

- Once you have split the groups up into groups, send them to the relevant stations
- The activities below are **suggestions**:
- Axe throwing/ Archery- depending on how much equipment you have- this can be a points race combination game. For example, the group is split into two teams, the aim of the game is to see how many points you can get in 3 minutes, centre =

5 points, middle circle 3 points, outer circle
= 1 point, the person at the front throws,
then runs to get the axe/ arrow and then
runs back and the next person goes

- Molkky The aim of the game is to be the first player to reach exactly 50 points. Play as two teams or as individuals dependant on numbers. The full rules are here
- Kubb create
- Roman Trigon (our version)-

Usually played as a three but we can do it as one group with multiple balls. The main rule is that you must pass the ball with the right hand, catch with the left hand (swap if left handed). Players can throw the ball to anyone in the group, if it's an 'uncatchable' ball, the person being thrown the ball gets a point, if the person catching catches with the right hand or drops it, the person throwing gets a point. Do first to 10 points wins.

- Sumo Gladiators- got sumo suits? Make them have a pillow fight!
- Catapults If you want to have an arty station this is something quick and easy they can then take away with them they will probably have them confiscated by the teachers but nevermind...
- Tug of War can't go wrong with a bit of tug of war - split them into teams and let the fun commence!

Wow moment

• If you have some ideas/ suggestions - go ahead! The more creative the better!

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors















7: Sports Tournament

This Activity...

Can be altered to what suits the site and the students. This will be the main activity of the evening, if prepared and executed correctly, it will be really good!

Preparation

- This activity takes place at the same time as optional activities, once you know who is taking part, you can start to create teams.
- Here are some <u>sign up sheets</u> it's best to ask the srudents to collect the sheet from the AM rather than putting them on the wall - if editing - don't delete other pages!
- You will need to work out how big the teams can be based on your centre/ student numbers, but you can use spares for substitutes.
- This activity works best on a field where you can create multiple pitches - if its raining - a sports hall can split the hall into 4 different sections.
- Rotations between the games will need to be created beforehand in order to ensure all teams play eachother to create a final/ semi - final
- you will need footballs, bibs, cones, goals, whistles and somewhere to keep score

Detailed description

- (if you haven't in advance or have leftovers) Split the group into max 12 groups, number them 1-12, send them to the revelant pitch which corresponds to the rotations
- Games should be short and sharp, 5-6 minute games allowing for quick rotations
- Dependant on how many ALs you have and students you have, try and have 1 team off per pitch, if a team scores, another team swaps on. This allows you to have 3 teams per activity, 12 teams in total, reducing team sizes and wait times
- Ideally you will have 5 ALs, 1 on each pitch, 1 timekeeping
- If you don't have enough time for all teams to play eachother in the first round, create pools/heats then a quarter final then a semi final then a final.

Wow moment

If you manage to create teams far enough in advance - tell them to wear a specific colour and have a team name - they can even bring/ make banners - wear facepaint etc!

If you have any spare medals - they work as a great prize! If not I'm sure they would still love some sweets!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors

Link to Classroom: Tasked based Learning



ARTS & CRAFTS





INTRODUCTION & INFO ON THIS THEME

Arts & Crafts activities...

range from big camp events like trash fashion, to a session in the crafts room where students can make their very own souvenirs and keep-sakes.

These activities give students the opportunity to show off their creative side and their artistic skills. Working as a team or individually the students will create masterpieces-jewellery, tie dye tops, posters, pottery and maybe even beautiful Activity Leaders! (Take a look at trash fashion if you're confused). Arts and Crafts are a good opportunity for the students to relax and have some fun, entertaining themselves and each other!

Don't forget that it's a great opportunity to 'Dusemond-up' the site with all sorts of posters and signs!















1: Door sign/ Poster making

This Activity...

Is a great activity to have as one of the optional actvities, or as a part of one of the art and craft sessions

It gives students the opportunity to concentrate on something a little less activite and take some time to relax, it also is a nice memento to remember their time with!

Preparation

- Collect up all the materials that might be needed for posters: Paper, Card, Pencils, coloured pencils, pens, felt pens, pencil sharpeners, rubbers, glue, paint, paint brushes, glitter, and any other craft materials you have
- Take a speaker/ login to the computer to put on some relaxing music
- Work out how many students can fit in the room you are using, how they will all sit round the tables

Detailed description

- Collect the students from the meeting point and take them to where you run art and craft activities.
- Explain to the students that it is an opporunity for them to relax and use their crea-

tivity

- If needed- give them suggestions of Posters - for the talent show, for Dusemond, for the excursions, a door sign etc.
- Make sure they put their names on the posters
- Leave them somewhere appropriate to dry
- Once dry, don't forget to re-distribute the posters to those who want to keep them!

Wow moment

- Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!
- If any students don't want to keep their posters, present them in the main hall/ theatre

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















2: Trash Fashion

This Activity...

is a favourite for most students AND staff members. Trash fashion represents everything that is great about summer camp- making a bit of a mess, being care free and creating memories with friends.

Students will pick their model who they will design a whole new look for, out of trash - old crisp packets, scrap paper, plastic cups- you name it! The team with the most fashionable model to walk down the runway wins!

Preparation

- We have a pre-prepared presentation for you to present to the students in order to help you explain the activity
- There are several steps before the students make their way down the runway that you need to make them aware with
- You will need as much 'trash' as you can get - start saving from your first day! cardboard boxes, food wrappers, plastic cups, packaging etc.
- Take arts & crafts materials, but make sure you leave some for other activities.
- Take face paint/ glitter for when they do the final makeover
- Make sure you know how the sound system works to get some music on and get ready for the catwalk
- Split groups into teams of 5-8 max. it is better to have more teams, as it is important that everyone is involved in the process.
- Make sure to split the materials equally

between teams - if you have some 'extra special' materials, create challenges for them to be able to win the extras.

Detailed description

Step 1: Once students are split into groups, they must select their model

Step 2: Students need to choose their model's name

Step 3: The group needs to draw out their design, based on what materials they have available

Step 4: Create! (Give them a fair amount of time for this eg 30-40 mins)

Step 5: Hair and Make up time!

Step 6: They need to choose their catwalk songthis then needs to be added to a playlist by an AL.

Step 7: Catwalk time! Have the models be hind the scenes, in order of their songs ready to do the catwalk. At the end all the models walk down at the same time to impress the judges

Step 8: Don't let the students leave without helping you tidy up, it's a messy activity!

Wow moment

- Don't forget to give the winning team a prize!
- Take photos
- Create a proper runway using chairs, materials etc. With a table at the end for the judges.

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors

Link to Classroom: Making Memories















3: Cake Decorating

This Activity...

is a hell of a mess, but if done correctly it is hilarious, plus the students get to eat the cake at the end!

The idea is that the students are given the ingredients to decorate a cake, icing sugar, butter, sprinkles, etc. The best looking cake at the end wins! But there's a twist... it's all done blindfolded!

Preparation

- The smaller the group the better for this activity, so ideally this activity will be done as a zigzag within a zigzag. Eg. Zigzag A is split in half, 1 half does cake decorating whilst the other does tennis, they then swap.
- Split the group into max groups of 5
- Each group should have a bowl, a whisk, a spoon, a cake, some icing sugar, some butter, sprinkles, sweets etc. (whatever you have to decorate). They also need a pen and paper
- This needs to be pre-divided, don't give students a WHOLE tub of butter, portion it out.
- In advance you need to check you have all the ingredients and decorations, if not-go to the shop!
- They can use food colouring but you need to monitor it
- If you haven't been provided with the necessary materials, speak to the school kitchens, if not you will need to buy them and expense them

Detailed description

- Display the pre-prepared presentation for the students to see what each step is
- **Step 1**: Draw your cake design based on the ingredients infront of you.
- Step 2: Pour out the icing sugar and butter
- Step 3: Mix until light and butter cream is created
- Step 4: Add food colouring
- Step 5: Add the icing to the Cake
- Step 6: Decorate!
- Step 7: Display for the judges/ photo time
- Step 8: Eat your masterpiece!
- Step 9: Clean up time

Wow moment

Wait for all the students to finish and then display their creations all on one big table, with their drawings. Take a photo and send it to us, it'll look great on Instagram!

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















4: Monument Building

This Activity...

is an oldie but a goldie. It lets students get involved and create, using random bits of material and rubbish. Some of them end up becoming masterpieces!

This activity will vary from each camp, dependent on themes and topics they teach. This activity could be themed as 'around the world', 'Harry Potter', 'famous movie sets' and much more!

Preparation

- Split the group into relatively small teams, given this activity is quite intricate and small, everyone needs to have a role.
- In advance collect materials from packaging, old activities, speak to the school staff
- You will also need: Pens, paper, card, scissors, glue, sellotape, lolly sticks, clingfilm + any other craft equipment you have
- Take a speaker and score cards
- Split the equipment evenly between the groups
- Dependent on your theme- have suggestions ready to help inspire the students
- If you have access to a printer- suggest to the studdents that you can print a picture of the monument they are trying to create, or little details they would like to add.

Detailed description

- Split them into their groups
- Explain that they need to create a monument of their choice (based on the theme) using the materials infront of them
- Let them have time to research and choose their monument
- Give them time to discuss how to create the monument
- If you feel you want to prolong/adapt the exercise then please go ahead, you can ask them to do an initial drawing of the building, or even do a small scale monument with certain height requirements and then the next round is a bigger monument, or she which monuments can withstand weight etc.
- Choose AL's to be the 'panel' give them a score out of ten for: the appearance, sturdiness, creativity
- Team with the most points wins!

Wow moment

- Put some music on whilst they're making the monuments, it will be a good atmosphere!
- At the end create a minature town/scene of all the monuments and send us a photo

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















5: Tie Dye

https://www.gathered.how/artscrafts/tie-dye-patterns/

This Activity...

is a way for the students to get creative and make something they can take home and remember their experience at Dusemond.

Students will have the opportunity to tie dye a piece of clothing of their choice, OR a Dusemond top/ bag/ other item.

Preparation

- In advance it is important you make sure you have all the necessary equipment, as this is a very messy activity.
- You should have, lots of plastic bands, bin liners, groundsheets, pots of dye, water to add the dye, gloves, aprons (if you have them) and of course whatever is being dyed.
- It is very important that you wear anything you can to cover your clothes, equally I would advise you to not wear your favourtie shoes...
- Decide/ check with the school where is best to run the activity, most likely the field
- It is best to split the group into smaller groups of 10/15 per 1 AL so that it is more manageable and they can all see the demonstrations
- Before the activity, take over the equipent and lie out the ground sheets
- Take permanent markers for student to write their names.

Detailed description

 Collect all the students at the meeting point, check they all have what the want to tie dye with them (unless you have it).
 Make sure they aren't wearing it, they need to take it off to tie dye it!

- Take them to the area you are doing the tie dye, and split them into the smaller groups.
- Get all students to put on any aprons/ gloves you have.
- Hand them the item they are tie dying and elastic bands
- Then demonstrate how to tie dye. There
 are many different techniques, as show in
 the link attached, it is your choice which
 technique to do.
- Fold and twist the items using different patterns and colours to make unique creations
- Once finished, the item must be unravelled and placed flat on the ground to dry
- You will have to return later on to collect the tshirts up to redistribute them.

Wow moment

- Take photos! It would be great to see all the students with/in their tie dyed items
- If you have a big bed sheet, why not create one big tie dyed sheet and try get everyone to sign it?

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















6: Graffiti (self-led)

https://freshpaint.org/2011/01/online-graffiti-workshop/

This Activity...

is another way for the students to get creative

Above is a step by step link to doing graffiti wriiting which you should follow/ use as inspiration

Preparation

- In advance it is important you make sure you have all the necessary equipment
- You should have: a presentation with graffiti examples/ print outs + A4 paper, pencil, rubber, chisel point marker pen, thin black pen and a good selection of colour pens. If you have more time/ want to get messy, use paints but make sure you have table covers/ sheets!
- Before the activity, take over the equipment and lie out the sheets if you're doing it outside/ on the tables

Detailed description

- Collect all the students at the meeting point
- Take them to the area you are doing the activity, and split them into the smaller groups.
- Get all students to put on any aprons you may have.
- explain to them what the plan is, get them to talk about graffiti, their opinions, where they see it, whether they like it etc.

- Show them examples and get them to decide which word they want to write whether it's their name, their favourite (not rude) word, anything! But smaller words are better (and easier).
- if they are doing a messy/ colourful background, they could do the background and then stick the words on top
- Follow the steps in the link provided

Wow moment

- Take photos! It would be great to see all the students with/in their tie dyed items
- If you have a big piece of card/ board/ paper - you could do a giant piece of graffiti to display - maybe it says Dusemond or Summer 2023 for example
- Students can take home their work if they want (remember to label it) or if not display them somewhere!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















7: Egg Decorating

This Activity...

it's time to get a bit messy and get the students creative juices flowing! By decorating nothing other than an egg.

The students will be given an egg and materials, their job is to decorate the egg in the most wacky way to win over the judges!

Preparation

- Plan how you are going to split the student, whether they will be in teams or individual. Best to stick to smaller teams as it's an intricate activity
- Take a speaker/ put music on the computer
- Take a phone take photos
- In advance collect materials from packaging, old activities, speak to the school staff
- You will need: Pens, paper, card, scissors, glue, sellotape, any of the craft equipment you have. In particular - string, stickers, tissue paper, paints, paint brushes
- Eggs!
- If you have access to a printer- suggest to the students that you can print little details they would like to add.
- Lay out all the equipment before, either per table, or all out on one table

Detailed description

- Collect the students and take them to the room you use for art
- Explain to the students that they need to

get into teams/ pairs (if doing teams)

- Explain that they have now adopted an egg, and that they must give that egg an identity, using the materials infront of them (remember they must share!)
- The more creative the better! They could base it on themselves, the ALs, a famous person, an animal, a theme, anything!
- Give them time to discuss what to create
- If you feel you want to prolong/adapt the exercise then please go ahead, you can ask them to do an initial drawing of the egg
- Leave time to present the eggs, the Team with the most creative egg (your choice) wins!

Wow moment

- Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!
- Make a funny scene we can put on insta!
- Find somewhere to present all the eggs/ make a littel display.

Remember to give the winning team a prize!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















8: Bath Bomb Making

This Activity...

is another messy one, but mess means fun! The students also have something to take home at the end which is a bonus!

The students will be given an egg and materials, their job is to decorate the egg in the most wacky way to win over the judges!

Preparation

- Plan how you are going to split the student, whether they will be in teams or individual. Best to stick to individual as it's an intricate activity and you don't want it to finish too fast.
- Take a speaker/ put music on the computer
- Take a phone take photos
- You will need: Pens, paper, card, scissors, glue, sellotape, cellofane bags, labels, ribbon.
- Ingredients (see recipe), Access to water
- Per group: Kitchen scales, Mixing bowl, cup, Measuring spoon, Bath bomb moulds like empty yoghurt pots, ice cube trays or leftover Easter egg packaging, Lay out all the equipment before, either per table, or all out on one table,

Detailed description

- Collect the students and take them to the room you use for art (somewhere that can get messy)
- Explain to the students that they need to get into teams
- Explain that they have to create a bath

bomb each, which comes as a 'package' with those of their team, they need to come up with a plan and selling strategy - a pitch.

- The more creative the better! They could base it on themselves, the ALs, a famous person, an animal, a theme, anything!
- Give them time to discuss what to create
- Ask them to do an initial drawing of the bombs, including a price list. logo, motto, packaging etc. Let them look at the different decorations/ scents etc.
- Create! Hand out the 'recipe cards'
- The bathbombs will need to set, so they can do their pitch showing us the drawing, explaining the decorations etc and also showing the packaging.
- Choose a winner!
- Explain they will get their bath bombs the following day, once they have set.

Wow moment

Take lots of photos and keep their posters to one side to display!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















9: Poetry Club

This Activity...

is an alternative, for those who maybe don't enjoy sports or the big and loud activities like the Disco.

This activity can be altered/ executed however you think is best for the students, but here are some suggestions:

Preparation

- Find out where your activity is taking place, it will need a screen
- Take a speaker/ put music on the computer in the background
- You will need: Pens, paper, card, scissors, glue, sellotape, pencils, coloured pens, coloured pencils
- No phones it's time to switch off!

Game/ Session Suggestions

- Collect the students and take them to the room you're using
- Warm up game Rhyming games with different themes - using lives to make it competitive
- Icebreaker introduction to yourself and your favourite poet/poem
- General Discussion about poetry
- Slam Poetry game -
- 1. Place Prompts into a hat/ bag such as "love" or "pets" or "food" anything goes! (within reason) the students can all pick a theme if you like!

- 2. In groups they need to create a poem based on that theme
- Carry on the Poem all get in a circle, each person needs to come up with a line of the poem (on the spot), the poem should rhyme and should (kind of) make sense - the funnier the better!
- Expressive poetry reading it's exactly as it sounds get students to expressivley and dramatically read and act out poetry, the funniet/ most dramatic wins!

Wow moment

If you think of something that can be added to this activity, please let your AM know!

We really value your opinions and ideas!

Want to make it even more inviting? Take some snacks along!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















10: Comic Strip Making

This Activity...

is an alternative, for those who maybe don't enjoy sports or the big and loud activities like the Disco.

This activity can be altered/ executed however you think is best for the students, but here are some suggestions:

Preparation

- Find out where your activity is taking place, an art room would be great, but a classroom works too.
- Take a speaker/ put music on the computer - if they're really into it, you could put on some kind of action/ marvel film in the background!
- You will need: Pens, paper, card, scissors, glue, sellotape, pencils, coloured pens, coloured pencils
- No phones unless it's to trace/ copy images
- Note it might be worth creating a document with examples of comic strips!

idivdually or in small groups

- 1. Theme selection
- 2. Character Selection
- 3. Setting Design
- 4. Storyboarding
- 5. Language Intergation the typical types of language found in Comics
- 6. Collaborative plotting
- 7. Artistic Expression
- 8. Assembling and Presenting the comic

Wow moment

If you think of something that can be added to this activity, please let your AM know!

We really value your opinions and ideas!

Want to make it even more inviting? Take some snacks along!

Game/ Session Suggestions

- Collect the students and take them to the room you're using
- Warm up games Charades/Trivia/
 Heads up this is a way for students to use
 english to discuss diffferent genres/ film titles/ characters and more!
- **Icebreaker** introduction to yourself and your comic/ action film, make it a game where people have to guess what it is
- Steps to create a comic this can be see

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















11: Book Club

This Activity...

is another alternative, for those who maybe don't enjoy sports or the big and loud activities like the Disco.

This activity can be altered/ executed however you think is best for the students, but here are some suggestions:

Preparation

- Find out where your activity is taking place, if it's the library - perfect! If not - no problem!
- Take a speaker/ put music on the computer - calming music such as rain sounds, not drum and bass
- You might need: Pens, paper, card, scissors, glue, sellotape
- Strictly no phones!

Game/ Session Suggestions

- Collect the students and take them to the room you're using
- Warm up games Charades/Trivia/
 Heads up this is a way for students to use
 english to discuss diffferent genres/ book
 titles/ characters and more!
- Icebreaker introduction to yourself and your favourtie book, make it a game where people have to guess what book it is
- Game suggestion
- Students must write out the following on seperate pieces of card/paper 1. Main character description 2. Set the scene
 - 3. Conflict/ Problem encountered 4. Plot

Twist 5. Climax 6. Resolution

- These will then get put into 6 seperate boxes/ piles
- students can then get into dmall groups
- the AL needs to pick one bit of paper from each pile and give all 6 to each team
- Each team must then write a short story using their 6 points, the most interesting/ entertaining story wins!
- Create a book cover + a mini plot
- If students just want to relax and read set up a cosey corner!

Wow moment

If you think of something that can be added to this activity, please let your AM know!

We really value your opinions and ideas!

Want to make it even more inviting? Take some 'book related' snacks along - for example swuash labelled as different Harry Potter Potions or Biscuits from Alice and

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors















12: Pamper Night

This Activity...

is another alternative, for those who maybe don't enjoy sports but fancy a bit of relaxation and treating themself!

This activity can be altered/ executed however you think is best for the students, but here are some suggestions:

Preparation

- Find out where your activity is taking place, dependent on the group size, a common room with sofas would be nice.
 If not - no problem!
- Take a speaker/ put music on the computer or have a screen available and it can be a pamper + romcom kind of night!
- You will need whatever you're using for your session - nail polishes + nail art kit, face masks, hair brushes/ bands, mirrors, make up kits.
- Dependent on how many people are joining/ where the session is - suggest that everyone get's into 'comfy' clothes!

- teams in the group and each team must pick a model - you can decide whether it's serious or silly!
- blind makeovers never successful but always entertaining!
- Use youtube/ pinterest for tutroials on how to do different hairstyles/ yoga etc.

Wow moment

If you think of something that can be added to this activity, please let your AM know!

We really value your opinions and ideas!

Want to make it even more inviting? Take some snacks along - chocolate, popcorn, ice cream, you name it!

Game/ Session Suggestions

- Collect the students and take them to the room you're using
- Pamper only? create stations nail bar, facial zone, mindfulness corner, hairdressers
- Post pamper ideas whack on a movie,
 eat some chocolate and relax
- Games they might fancy messing around and having a bit of fun, make

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors















13: Pottery Painting

This Activity...

Is a great activity to have as one of the optional activities, or as a part of one of the art and craft sessions - dependent on your materials available

It gives students the opportunity to concentrate on something a little less activite and take some time to relax, it also is a nice ornament that they can take home!

Preparation

- Please note it is likely this will be one of our sign up activities as supplies are limited for this activity be sure to get the sign up register from your AM make sure no one 'sneaks in' that hasn't signed up. Id there are spare spaces then someone can join.
- Collect up all the materials that might be needed: Paper, Card, Pencils, permanent markers, pencil sharpeners, rubbers, glue, paint, paint brushes, glitter, pottery and any other craft materials you have
- Make sure the materials are already in the room, cover any floors/ tables with paper/ bin bags to prevent any damages
- Take a speaker/ login to the computer to put on some music
- Work out how many students can fit in the room you are using, how they will all sit round the tables

Detailed description

- Collect the students from the meeting point and take them to where you run art and craft activities.
- Explain to the students that it is an opporunity for them to relax and use their creativity
- Explain that resources are limited if there are only certain amounts of different items, make it into a game whoever answers corretly or first gets the first choice
- If needed- give them suggestions of designs pinterest is great source of ideas!
- Make sure they put their names on the back/ bottom with a permanent marker
- Leave them somewhere appropriate to dry
- Once dry, don't forget to re-distribute pottery to those who want to keep them!

Wow moment

 Remember to film/ take photos! Send them into the group chat or the Dusemond QR code for our social media accounts!

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors



SITUATION GAMES





INTRODUCTION & INFO ON THIS THEME

Situation games are...

Often scenario based, the students are given often given a task onsite or in the local town and they have to complete it in a period of time. These activities require a lot of teamwork and critical thinking, thinking in a particular way that suits each scenario and situation. It is also a good way for students to learn more about their surroundings, their new teamates and British culture through their activities. Encourage students to think on their feet and show their creative side!















1: Egg drop

This Activity...

is another summer camp classic. It's a way for the students to be creative, work as a team and thinking logically.

The idea is that the students will be split into a team and given an egg to look after. This egg needs to be dropped from multiple different heights without being cracked. To do this, they must use the given materials to create a ship/plane/capsule to protect it!

Preparation

- You will need:
- cardboard
- paper
- paints
- pens
- tape
- 1 egg per team
- cotton wool
- bubble wrap
- balloons
- plastic bags
- string
- + anything else you have/can think of
- A suitable location to drop the eggs from - a balcony or a classroom window
- Prior to the activity, split students into groups of 5/6 max, and make sure you have enough materials/ eggs.
- This activity needs 3/4+ Als dependant on group size

- Once they are ready, they must start creating their shipusing the materials provided give them arounnd 30/40 minutes
- ALs should be montoring the students, checking that they are doing the right thing and giving advice.
- Once everyone is ready its time for the ships to be taken to the first level drop, leave the students at ground level and 1/2 Als should go up to drop the eggs from a height.
- Every time an egg is dropped the capsule should be opened to see if the egg survived
- If you have time, re-seal the ships and try the remaining eggs from a higher height

Wow Moment

- Help the students create weird and whacky designs - create parachutes and ship names etc
- Get the students to help you tidy up after,

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors

Link to Classroom: Problem solving















2: How far can it fly?

This Activity...

is a take on a classic form of entertainmentpaper aeroplane competetion!

Such a simple form of entertainment can be a hit if it's done properly.

Preparation

- Split the group into relatively small teams, given this activity is quite intricate and small, everyone needs to have a role.
- In advance collect materials from packaging, old activities, speak to the school staff
- You will also need: Pens, paper, card, scissors, glue, sellotape, lolly sticks, cocktail sticks, rubber bands, foil, pipe cleaners, permanent markers, string, clingfilm + any other craft equipment you have
- Materials to make a 'runway'- roll of paper, sheets, ribbon - be creative!
- Take a speaker
- Eggs!
- Split the equipment evenly between the groups
- If you have access to a printer- suggest to the students that you can print little details they would like to add.

Detailed description

- Split them into their groups
- Explain that they need to create a aeroplane using the materials infront of them
- The aim is to pass the different challenges, so the plane must be aerodynamic, sturdy and look good!
- Give them time to discuss how to create the monument
- If you feel you want to prolong/adapt the exercise then please go ahead, you can

ask them to do an initial drawing of the building

- Different rounds (suggestions):
- Who can fly the furthest
- Who can fly through the hoops/ obstacles
- Final- Who can fly without breaking the egg
- Team with the most points (your choice how to score) wins!

Wow moment

- Put some music on whilst they're making the planes, it will be a good atmosphere!
- Before they fly them (destroy them) take a photo of them all lined up
- Get them to decorate their eggs like people
- Got a round you would like to do? Do it!
 Let us know:)

NOTE:

Suitable for: 10-250 Students

Age Group:
Juniors and Seniors

Link to Classroom: Problem solving















3: Float it or soak it!

This Activity...

is a take on Monument building with a twist... It lets students get involved and create, using random bits of material and rubbish, but this time, it needs to look good AND float!

This activity will vary from each camp, dependent on themes and topics they teach. This activity works really well if you camp is viking/roman themed, but can also be themeless!

Preparation

- Split the group into relatively small teams, given this activity is quite intricate and small, everyone needs to have a role.
- You NEED a body of water for this, ideally a big box or paddling pool, most likely you will do this outdoors
- In advance collect materials from packaging, old activities, speak to the school staff
- You will need a variety of materials that float; pool floats, balloons, cork, sponges, bottles, straws, takeaway boxes etc.
- You will also need: Pens, paper, card, scissors, glue, sellotape, lolly sticks, clingfilm, rubber bands + any other craft equipment you have
- Marshmallows!!
- Take a speake
- Split the equipment evenly between the groups
- Dependent on your theme- have suggestions ready to help inspire the students (a powerpoint?)
- If you have access to a printer- suggest to the students that you can print a picture

of the monument they are trying to create, or little details they would like to add.

Detailed description

- Split them into their groups
- Explain that they need to create a flaoting device of their choice (based on the theme) using the materials infront of them
- it is important that you set a minimum/maximum size so it is fair when it comes to the float test
- requirements needs to float, a sail, decorations, a flag, a name, **no testing allowed!**
- Give them time to discuss how to create the boat
- If you feel you want to prolong/adapt the exercise then please go ahead, you can ask
 them to do an initial drawing of the boat
- Time to float! See who stays afloat, then start adding marshmallows.
- Have a tie? Why not have a boat race? Be creative- use fans, string etc.
- Team to stay affoat longest wins
- Prize for best looking boat too

Wow moment

Put some music on whilst they're making the monuments, it will be a good atmosphere!
At the end create a minature town/scene of all the monuments and send us a photo

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















4: Paperclip challenge

This Activity...

is a great way for the students to put their English skills to practice, in a real life setting, whislt having some fun!

The students will do this during their free time on an excursion, or during there afternoon in town. The concept is that in groups the students will approach other shoppers, workers, sellers etc. and convince them to swap their papercip for something more valuable. This could be anything from a hair band, to a pen, to food and much more. Students should continue to do this until the time is up or they believe they have found the most valuable item. The group with the best item wins- and gets to keep it!

stay in.

Decide on an appropriate meeting point

Detailed description

- Collect students at the meeting point you have chosen
- Explain thgat they need to be in groups of 4/5, what the challenge is and how long they have
- Perhaps get them to suggest types of questions they will ask, or things they could exchange for, in order to check they know what they're doing
- Group with the most valuable item wins!

Wow moment

 Try and get some footage of them doing the exchanges!

Preparation

- Students should be in small groups of 4/5, as it's important that they all have a chance to speak when doing the challenge
- Make sure you have enough paperclips for 1 per group
- Make sure you have decided how long the students havbe, if there's an area of the town/city that you would prefer they

NOTE:

Suitable for: 10-200 Students

Age Group:
Juniors and Seniors

Link to Classroom:
Communication Skills















5: A-Z Challenge

This Activity...

is similar to the paperclip challenge in that it can be done during free time on an excursion, or on a local afternonon visit to town

The premise is that students must work together in groups to find items/ things for each letter of the alphabet

Preparation

- Students should be in small groups of 4/5, as it's important that they all have a chance to come up with different ideas
- Make sure you stop in an area where they have lots of different options, eg. a supermarket or an open market. Not just simply a field.
- Make sure you have decided how long the students have, if there's an area of the town/city that you would prefer they stay in.
- Decide on an appropriate meeting point

Detailed description

 Collect students at the meeting point you have chosen

- Explain thgat they need to be in groups of 4/5, what the challenge is and how long they have
- Perhaps get them to suggest types of items they could look for or where they could go, in order to check they know what they're doing
- Once the time is up the students need to have all of their items put together to show to the AL

Wow moment

At the end why not collect all the items and take a photo of them spelling a word or making a shape

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















6: Taste Challenge

This Activity...

is a messy one, and can get out of hand if you're not careful... but it is so much fun!

It is best that this is a house event, as the students can become quite hyper and over excited, due to the nature of the activity... so it's better to have smaller numbers to try and keep it a bit more undercontrol

Preparation

- Preparation is key for this activity. If the food hasn't been delivered/ bought in advance, make sure you plan in time to go and buy it!
- Prepare the food in advance, make sure
 you have enough for all the students,
 don't give them a whole item, cut it up
 into taster sizes. This needs to be done
 and then split between the houses (if it's a
 house event)
- Hide the solid items so the students can't see them, often we do this with a paper plate ontop of another.
- Create different stations in the area you are doing the challenge, based on how many ALs you have, then split the food items between the stations
- You need to space out the stations so other er groups can't spy and cheat
- Decide which way you will rotate, and how often rotations will be
- Each team will need a taste challenge answer sheet and a pen
- Each student will get a plastic piece of cutlery and a cup they must keep with them for the whole game
- Print out answer sheets, and make sure

you have the presentation ready

Detailed description

- Show the students the presentation explaining what to do and asked if they have any questions, it is so important that you emphasise the allergy part!!
- Split the group up into groups, if you have too many students for ALs, have 1/2 'break stations'
- When a group is at your station, make sure your food is covered, make them close their eyes and distribute the foods until they are all done, they can taste, open their eyes, then guess together
- Don't give them any clues and don't let them do to other groups
- At the end, in one big group, or smaller groups with the ALs, work out who got the most correct. You can decide how many points each food is worth, whether they get bonus points for brands etc

Wow moment

• If you have time at the end- you could get the winning team to do the alphabetty spaghetti challenge! Get each person to try a and guess what letter is in their mouth and what word they are spelling!

NOTE:

Suitable for: 20-150 Students

Age Group: Juniors and Seniors

Link to Classroom: Exploring Culture















7: 90 minutes 90 Tasks

This Activity...

is based on the famous TV show TaskMaster, essentially a game of
silly tasks that need common sense
in order to complete them.

This activity will need a fair bit of planning in advance, with particular focus on the timings and equipment. The most important thing is to get the students hyped up and excited, if they are just trhowing a teabag into a cup, that's boring, so add music, chants, cheering, a big countdown - make it a big event! The sillier the better!

Preparation/ Description

- Gather all the students in one place, preferably where there's a screen
- Welcome everyone to the game and introduce the Taskmaster (choose an AL Or maybe try and get managment involved)
 make a really bia deal out of them -
- make a really big deal out of them play music, do a dramatic entrance
- Another adult could be the Taskmaster's assistant and keep track of scores. You could also use a whiteboard or piece of paper to note down the points.
- Linked below is a small powerpoint that you can use to explain the game/ time games. It's editable so that you can add your own activities, don't edit other centres please!!
- Following the slides explain the activity
- have phones ready for music/ timers/ photos

Description

- You can choose your activities, but below are some that we have found for you...
- Make someone's knee look like a famous person/ Throw a teabag into a mug from the furthest distance/How many socks

can you fit on one hand in 90 seconds/ Find the best hat. But it can't be an actual hat/Eat a piece of fruit without using your hands/Make something spin for 55 seconds - it can't stop during that time/ Make the best paper aeroplane. You can use any materials you like. Furthest flight wins/ The silliest walk up and down the meeting place wins. You have 5 minutes to think of your silly walk/ Recreate your leader's face out of items in a kitchen/ Tear an animal shape out of a piece of paper while blindfolded/ Put on a blindfold and stand up after exactly 200 seconds/ Take 2 bowls - one with dry cereal in and one empty. Who can move the cereal from one bowl to the other the quickest by holding the spoon in their mouths/ Make a dramatic entrance - the most dramatic wins/ the Taskmaster has written a number on their arm, which is under 100. Closest person to guess the number wins/ Who can do the most keepy uppies in a row/ Place a biscuit on your forehead. Quickest to eat it wins...but you can't use your hands/Draw a picture of your face using only your feet! Best picture wins/Cover your body with as many sticky notes as possible whilst blindfolded/ Make a new handshake. Best handshake wins/ Create a 3 minute music video

Remember to give the winning team a prize!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors

Link to Classroom: Exploring Culture















8: Easter Egg Hunt

This Activity...

is of course only for our Spring Programmes..!

Description

- It is up to you if you would like to change the activity however, in the past we have changed the name of the scavenger hunt to be the easter egg hunt the only difference is the letters they find are in the shape of easter eggs (document here) and the prize at the end is a big bag of choclate eggs! (You need to buy these in advance!)
- This links to the scavenger hunt page!

Wow moment

• As always - if you have any suggestions of how to tweak this activity - let us know!

NOTE:

Suitable for: 20-150 Students

Age Group:
Juniors and Seniors

Link to Classroom: Exploring Culture



QUIZ & SOLVE





INTRODUCTION & INFO ON THIS THEME

Quiz & solve activities are....

great fun, whether it's the infamous Murder Mystery or a good old Quiz, these activities involve all types of skills and are suitable for all abilities! Against the clock students need to work together to find clues, crack codes and win the prizes!

These activities can be confusing, so be sure to explain rules in a clear and conscice manner, if it's too hard, it's ok to help and adapt as necessary! These activities are there to test their language skills but ultimately to have fun!

Put the students to the test and let them showcase their skills in a range of subjects!















1: Scavenger Hunt

This Activity...

is a good way for the students to keep active but also wake up their brains a bit.

The idea is that we hide letters around campus, the students need to complete the challenge at each location in order to guess the final word and return to the finish.

Preparation

- This activity is hard to plan in advance, as it varies for each site, group size, faciltiies and staff numbers. Below are suggestions for different locations (based on Cheltenham), challenges and clues, but you will need to adapt this
- All students come to meeting point where you will explain what the activity is
- Each group needs to be accompanied by an AL (this means the groups will be quite big). As each AL will know the clues, the locations and the challenges. Either send them a PDF or print this information beforehand.
- Each AL starts at a **different location**, then go in a rotation.

Detailed description

Once they arrive at a point they must look for the letter. Then you will tell them the challenge, then give them the clue for the next location once they have completed the challenge. They then head to the next location.

For example:

(This example allows having 3 spare locations, which helps avoiding the groups bumping into one an other)

1. Human pyramid + photo

Location: Outside teaching block Letter: H next location clue: here we like to have parties and learn about the rules of the school

2. Mannequin challenge + video

Location: Theatre Letter: T

Next location clue: Here some of us play sports and get some fresh air in free time

3. Film your best football goal celebration

Location: Field Letter: A

Next location clue: the place of the sorting ceremony

4. Make a toilet roll mummy + photo

Location: Common room Letter: E
Next location clue: Here we wait when we are

hungry 3 times a day

5. Recreate a famous film 'still' + photo

Location: Canteen Letter: E

Next location clue: Here we take a certain mode of transport to our excursions and to the airport

6. Make a tiktok

Location: Prep car park Letter: C

Next location clue: This building is represented by
a wise flying animal (Answer: owl - boyne house)

7. Spell Dusemond with your bodies + photo

Lcoation: Outside boyne Letter: R

Next location clue: the door we go to when we want to learn english

THE WORD IS teacher

Wow Moment

Send the best videos/ photos to us
 Change the challenges/clues however you like,
 and let us know your ideas!

NOTE:

Suitable for: 10-100 Students

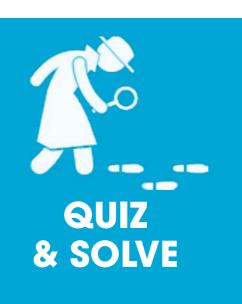
Age Group: Juniors and Seniors















2: Murder Mystery

This Activity...

is a summer school favourite. It is so much fun to prepare and plan, let alone play.

Much like the scavenger hunt, the murder mystery is extremely variable, and the more varieties the better! However this requires a LOT of preparation, in ADVANCE! Students must find out who the murderer is after watching an oscar worthy production, by cracking codes to get clues as to who the murderer is.

Preparation

- It is **essential** that you start filming the 'murders' quite early on. The more time and effort you put in, the better it wil be! Be creative with your murders, in the past we've had apples drop out of trees, balloons blowing people away, henry the hoover strangling people.. it's endless!
- We have many different old videos for inspiration, but use online tools, add jokes, music, special effects etc.
- Choose your murderer out of the ALs, often the managers are murdered. Make sure you have the staff photos ready to display in the classrooms.
- This activity often takes place in the classroom block onsite, therefore you need an activity/code breaker per room. Split the group between how many leaders you have.
- In each room the relevant equipment must be ready, and the screens need to be logged into, ready to show the videos/ AL photos.
- Each AL should have the plan/ clues challenges on a PDF/ Printed

Detailed description

- Show the students all together- the murder video, then split into teams and start at different locations then rotate. Use a group chat to dicuss hen you are all ready to start the first chalenge- to keep it fair.
- Students must do the room challenge, if they are correct they get the clue for that room and can look at the staff photos
- first team to finish can guess and see the 'reveal video' (make in advance)

Code breaker suggestions

 Anagrams, Who am I, RIddles, Blindfold maze, Cone Maze, Code breaker, Word Search, Trivia (available in code breakers)

Clue suggestions (vague but useful)

- the killer is tall, small, a girl, a boy, long hair, short hair, likes the colour blue, wears glasses, has earrings etc.

Wow moment

- The more creative, the better with this activity
- involve live acting, twists, props, costumes etc.
- Ask people for inspiration, even the other sites

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















3: Quiz

This Activity...

is a good option for a rainy day, or for when students want to be a little less active, but still engaged and competitive!

The quiz is an opportunity for you to test the general knowledge of the students to the test, whilst testing their english too!

Preparation

- Depending on the time you have available to plan your activities, we do have a quiz available for you, which you are welcome to use/ adapt
- Aswell as going for your classic quiz round s like geography, sport, general knowledge etc. Be crative with the rounds you play, some could be sensory, such as listening to sounds, touching items blindfolded, even a bit of a taste challenge round! It's up to you.
- Questions shouldn't be too challenging but also not too easy that it'll be boring
- Make sure that your slides are ready to present, and that you have enough pens/ paper for each team.
- Ideally fro this activity you need 3/4 ALs dependent on group size, to get the students going and to keep them engaged, all of which can share the role of question master
- Ideally use the biggest area you have, such as a lecture theatre or the main hall, if this isn't possible, split the group between classrooms and ALs.
- It is up to you whether they are allowed

their phones or not, but make sure there's no cheating!

 Have a big score board ready to log points

Detailed description

During the quiz, keep the students engaged by having a variety of challenges, some can be on the spot challenges where they can win bonus points

At the end get teams to swap paper to mark the scores.

Team with the most points win-don't forget a prize!

Wow moment

We are always looking for new ideas and suggestions, so if you think you have a really good round, let us know!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















4: International Night

This Activity...

Is an opportunity for the students to have a bit of fun, whilst learning a bit about other nationalities whilst potentially teaching about their own! This is a good option as a quiz night or for after an excursion. Feel free to change the games as necessary.

Preparation

- Here is a <u>presentation</u> and <u>answer sheet</u> that has been used in the past if you would like to edit them, please make a copy and edit that, these are **view only.**
- Make sure you have enough rooms as per the activity, in each room, set up the answer sheet and the presentation to the correct page
- As per your centre, decide which room is which activity and make sure your ALs know
- Equipment will need dependent on the amount of students pens, paper, coloured pens/ markers/ big roll of poster paper, blindfolds, taste challenge foods (examples in answer sheet) make sure to cut theseup/portion them in advance!!
- Make sure the equipment is put in each room
 before the activity starts
- Assign each AL with a starting room, then create a rotation so no one is in the same room at the same time
- Have the whatsapp chat ready to plan rotations

Detailed description

- Collect all the students in one room most likely a hall of some sort.
- Explain the activitr using the slides
- Ask the students to walk out row by row, they will get numbered 1-7, they then go to the AL with their number and that is their team. (Unless you already have teams based on colours/ classes/ wrsitabdns/ use that and ignore the slide!)

- Room 1 Just Dance Students must complete the just dance and say what cutlure the dance/ song is from - feel free to do more!
- Room 2 British Taste Challenge students
 are blindfolded and must taste each food and
 guess what it is Please be aware of aller gies!!!!
- Room 3 'What I love about my country' roll out a large roll of plain paper, students need to write.draw what they love about their conutry food, music, dance, people anything!! Then you can display the roll at the end of the activity leave space for all groups!!
- Room 4 Name the brand in small groups students must name the brand and the country it comes from
- Room 5 Name the song students must name the song, artist and nationality of the artist, one point for each - using the spotify playlist on the slides
- Room 6 -Landmarks name the landmark and where it is
- Room 7 Languages 1 point for the word, 1
 point for the language

Wow moment

- As always, if you have any suggestions/ alterations, please pass them on so we can improve this activity!
- If you want to edit this so that it matches the nationalities in your centre, please do!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors



SNACKS & CHILL





INTRODUCTION & INFO ON THIS THEME

Snacks & chill activities are...

for those days when students are burnt out and need to relax. Activities, lessons and excursions can be very tiring! So it's good to offer students activities which are enjoyable but allow for some rest.















1: Secret Cinema

This Activity...

Is perfect post excursion, on a rainy day or as a house night.

From Shrek to Harry Potter students can vote to decide what film they want to watch on the big screen!

Preparation

- Create/ Put up posters that student's can put their film suggestions on
- Once you have several films, put up new posters for students to vote for which film they want to watch
- No movie night goes well without some snacks! Prepare sweets, chocolate and pop corn
- Prepare a quiz based on the chosen film prior to the showing - this is a good way to make sure the students actually watch the film
- If you have more than 1 big screen available, it is possible to show different films, but make sure it is prepared correctly.

Detailed description

 Assemble the group at the meeting point and take them to the area where the film is being screened.

- Students should not have their phones on them, they can be trusted to not use them, but if they do, it is best to take them awayn and put them in a box until the end of the film.
- Students can help themselves to the free snacks, but they have to clean up before leaving - trust me you don't want to do it for them!!

Wow moment

Once you've given out some freebies, it might be worth running the tuck shop!

 If your camp has a theme/ or it's a particular time of year- play a film that suits that theme! Decorate too!

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















2: Cooking/Baking night

This Activity...

is a extra special activity, best for three weekers or groups that make special requests, like a birthday for example!

Best done in smaller groups, often done in the houses, or in baking departments of the school (if permitted)

Preparation

- Dependant on the number of students in your group, this can often be done with 1 AL, provided the GL stays to gelp supervise, as it can get messy!
- Ingredients need to be bought and refrigerated in advance.
- Ingredients can be changed but taken into consideration that you will need
- Pizza trays, pizza dough (ready to roll), tomato base, grated cheese, toppings, paper plates, scissors, something heat prove to take them out the oven! Scissors/ pizza cutter, flour
- Pasta (dependent on what the students/ group wants to make) Utimately they will know best ingredients wise.... especially if they're italian! But consider that you need plates, cutlery, pans, etc.
- Baking look up the recipe you/ the group want to do in advance and buy the ingredients in advance. Stick to something simple! Eg. Victoria sponge, cornflake cakes, cookies, biscuits, tray bakes

etc.

Detailed description

- Make time for cleaning up!
- Make sure the students are very careful around ovens/hobs/ hot pans/ trays etc.
- Hygeine!! Wash hands and take antibacterial gel! Cough/sneeze away from the food
- Make sure they tidy up- it's not your job and you'll be there for hours if they don't help

Wow moment

- Make it into a competition! Like bake off or masterchef
- Thought of a theme or it's a particular time of year? Link it to the activity

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















3: Ice Breakers

This Activity...

is the perfect five-minute filler, arrivals day and nothing planned? Icebreakers. Some students not joining in on sports? Icebreakers. Got some spare time on excursion? Ice breakers.

Detailed description

Dance wink murder

One person should go out of the room/ sight, they are the inspector, the AL should choose a murderer, they will be the person who decides what the dance move is, the aim of the game is to change the dance move without the inspector seeing, the inspector has 3 chances to try and find the murderer. This can be stood up or sat down (just hand movements)

Remember the move

A really silly but funny game, in a circle one person does a dance move, the next person must do that dance move and add their own, then the next must do the 1st person's move, the 2nd person's move and their own, and so on... see how far you can get with all the moves

Human knot

Students need to cross their hands over, all squish together and grab two **different** people's hands, then they have created a 'knot'. Then they must 'undo' the knot and get in a circle, but whilst always holding hands, no cheating!

Alibi

Two students are 'criminals'- you choose the crime. They must go outside and create an alibi. One by one the criminals are seper-

ately interrogated by the other students. Mark on a board every time the alibis don't match up. Then you can be the judge and declare if you find them guilty or if you think they have managed to fool everyone enough to deemed not guilty.

Follow the applause

One person must go outside whilst the others choose a position for the person to stand in, this can include props. Eg. lying face down on the floor in a plank, or standing on one leg holding an apple. Once the person comes back in, they need to try out different movements, as they get closer to the movement, for example they go down to the floor, the students will start to applaud, kind of like hot or cold.

Duck duck goose

In a circle, one person must go around the circle, tapping people's heads saying 'duck' everytime they tap, then when they say 'goose', that person should chase them round the cricle and try to catch them before they take their place in the circle, if they do, the 'goose' starters tapping people's heads and it repeats.

Hide and Seek/ Sardines

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















4: Ice Breakers Continued....

Fruit salad

You need chairs! All players should sit on a cahir apart from one person. Then name every person a type of fruit. (Write them down so you don't forget!) The person standing will then announce: "The fruits i am going to eat are" and list 2 or 3 fruits. (That have been allocated to people.) The chosen fruits must stand up and try and swap to another chair. The player standing will also try to sit in one of the chairs. This will leave a new player left standing who will then start again. The player can also say that they will eat a "Fruit Salad". In this case, all players sat down must swap seats. You can decide at the start how many turns you will play and after this is up, you can declare the player standing the loser. You could also remove chairs and keep playing until not many students are left, kind of like musical chairs.

Prisoners

You will need half as many chairs as players (an odd number) with one extra chair. Split the team into two - prisoners and guards. (1 more guard than prisoners) Prisoners should sit on the chairs, whilst guards stand behind them with their arms behind their back. The aim is for guards to not have an empty prison (chair). The guard with the empty chair will call a prisoners name, if the called prisoner's guard taps their shoulder before they leave their chair, they stay, if not they now have an empty prison and must call a new name.

Two truths one lie

One person should tell 2 truths and 1 lie about themselves, try and make it difficult, the group should then vote which one is the lie.

Who am I

1 student stands infront of the class/ group and must ask questions with the answer 'yes' or 'no' only, to find out who they 'are'. They have 15 questions. All in English. The person they 'are' can be written on the board behind them, on a phone behind their head or a post it note.

Keys

You will need a blinfold and a noisy item (keys). The group must sit in a circle with one person sat in the middle on a chair, they are the 'keeper of the keys'. The leader can select a student who must retrieve the keys without being caught. They must do one lap of the circle, retrieve the keys and go back to their spot without being heard, if the keeper points in the direction of the thieve they lose.

Steal the bacon

2 equal teams, lined up on opposite sides of a 10m x10m area, with an item in the middle, eg. scarf, toilet roll, anything! Students are numbered 1-10 (or how many their are) in both team, so you should have 2 number 1s 2s etc. The AL will shout (for example) '2'. Both number 2s should run to the end of the line, then to the middle, the aim is to retrieve the item and take it back to their spot. However, if the other player tags them before they get back, they get the point.















5: Ice Breakers Continued...

Freeze/ What's the time Mr Wolf

Students stand on one side of the room, whilst the leader/ 1 student stands at the other side (have no obstacles in the way). The aim is to get to the other side without being cuaght/ frozen. When the leader has their back turned the students can run towards the wall, but when they turn they must freeze, if the leader sees them, they must return back to the other wall and start again. First person to the other side wins.

Hands in

All players in a circle, facing forwards on their hands and knees with hands flat on their floor in front of them. Each player takes their right hand and places it past the player to their right's left hand. So each player should have two other player's hands between their own. The aim is to send a send a ripple around the circle. Rule 1. If a player hits their hand on the floor, then the hand to the right must hit theirs- this continues.

Rule 2. If a player hit their hand twice, it reverses the play. So then the hand to the left must hit next.

Rule 3. If someone hits 3 times, then the play continues in the same direction but skips one hand. Anyone who stamps their hand at the wrong time must remove that hand from the game and then play starts again. If a player loses both their hands, they are out.

Rock,paper, scissors extreme

Rock paper scissors but in teams, basic elimination, if you lose, you go behind the person who beat you and you create a 'snake', the snake grows longer as you beat

more people and they join your snake, the end results in two people with a line of students behind them, whoever wins the final game is the overall winner.

Splat

With one student in the middle they will shoot and shout 'splat'. The person 'shot' must ducl, whilst the people next to them must 'splat' eachother, the last one to splat loses and sits down. This keeps going until only 2 people are back, they then have a final shoot out, back to back the middle player will count to any number and shout splat, the first person to turn round and shout splat wins.

No speaking line up game

Basic teambuilding, get students to line up 'in order' eg. age, height, alphabetically, however they cannot talk.

Wow moment

These are some suggestions, but you may well have some of your own! If you do, please tell us!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















6: Yoga

This Activity...

is best as an optional activity, after a busy excursion day or a big sports tournament, or for students who fancy a bit of movement, but on a more relaxed scale!

These are just suggestions - if you're a yoga pro do what you think's best!

First ask the students to show you/ tell you moves they know. Then describe moves/ tell them the names and see if they can recreate them without you showing them.

Play games to make sure they're familiar with the poses - https://stock.adobe.com/uk/
search?k=yoga+poses&asset_id=310191182

Yoga games

Strike a Pose

Play music and the students dance around the room. When the music stops, the children strike a pose. The teacher could call out a pose, or try saying, "Show me a pose of an animal that is found in the water, or flies, etc". Then the teacher plays the music again, the children dance, music stops, and then they practice a different pose.

Pose Detective

Describe a yoga pose to them, like "Show me a pose with 2 feet and 1 hand only on your mat." Who ever does it last is out.

Red Light, Green Light Yoga.

In the spirit of the viral show, Squid Game... It is just like traditional red light, green light except the person who announces red light also calls out a pose for everyone to do. If someone does not do the pose in time, they get eliminated from the round.

Yoga Tag. This game is just like freeze tag and involves running. One or two students go around tagging everyone. Those who get tagged are frozen until someone comes along to unfreeze them. The catch is that in order to become unfrozen, the two kids must do a yoga pose for five seconds. Then, they're free to rejoin the game!

Simon Says

Simon says but with yoga poses.

Good videos to play/ watch

https://youtu.be/6kJgTouHHeE

https://youtu.be/7kgZnJqzNaU

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















7: Book Club

mendations

This Activity...

is best as an optional activity, after a busy excursion day or a big sports tournament, or for students who fancy a bit of quiet.

These are just suggestions - do what you think's best!

Preparation

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Detailed description

- There doesn't have to be a deatiled plan for this session, if it ends up just being an hour of people reading/ chatting about books and listening to music, that's absolutely fine, it's a time to switch off and relax!
- The only rule is no phones!
- First as a group, get the students to show you/ tell you about their favourite books/ stories they've read/ they know.

Wow moment

It would be a really nice idea if we had
 a 'book corner' somewhere in the centre
 where students can exchange their books
 for other books/ write down book recom-

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors



MUSIC & PARTY





INTRODUCTION & INFO ON THIS THEME

Music & party are...

one of the best parts of a Dusemond summer! It's time for students to show of their dance skills and listen to some disco classics!

Be sure to get students on the dancefloor with the macarena, cha-cha slide and even a bit of karaoke or just dance! These activities often take place in the evening, so give the whole camp an opportunity to mix up and meet new friends from across the world!

Don't hide away- show off your moves, encourage dance battles, give away glitter and glow sticks and party away!















1: Disco

This Activity...

is the perfect way to start off summer camp.

Music, dancing and maybe even a bit og
karaoke!

Often held on the first full day, the disco is the first time all of the students are together! It's a great opportunity to listen to music and do dances from all over the world

Preparation

- The AM should be in contact with the pre-arranged DJ prior to the disco, in order to inform them of the Disco location, help with preparation and sorting the payment
- The decorations need to be prepared at leastb 30 minutes prior to the disco
- Equipment- balloons, inflatables, posters, flags, body/face glitter, vaseline (for the glitter), face paint, glow sticks, tuck shop supplies.
- It makes sense to have all ALs on this activity, due to this being the first evening activity, there are many different roles, and it's important to get involved!
- Tell the students they need to get in their glad rags!
- There are several different roles for the ALs, it's important that these are rotated throughout the evening
- Have a pen and paper ready for song requests to give to the DJ
- Don't forget to help tidy up and offer to help the DJ pack up at the end of the night

Detailed description

The main goal of the disco is to have all the students on the dancefloor having fun!
There are several different roles to be done by the ALs

Facepaint and Glitter Station

It's time to get glammed up! 2 ALs are needed for this station, don't forget to do yours too!

Tuck Shop

Students need fuel for all that dancing! Why not have a tuck shop stand?

Glow Sticks

To be handed out on arrival, who doesn't love a glow stick! Make sure you hand them out evenly!

'Crowd control'

We have to remember it is the first night for these students, so they might feel quite shy. You need to get involved and encourage them to dance! The more you join in, the more they will want to!

Door duty

Disco's aren't for everyone, and some people might want some fresh air, so it's best to make sure someone stays outside at all times to monitor the students

Wow moment

Need some energy? Get some just dance on the big screen- it's a crowd favourite!

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















2: Talent Show

This Activity...

is one of the best. It's the chance for students to show of their skills, whatever they may be!

For singing, to dancing, to comedy, to noodle eating... it is an evening full of surprises!

Preparation

- Prior to the Talent Show (min. a week before) the sign up sheets for the talent show need to be put around site for students to sign. They need to put their name, act and requirements
- If you don't have the equipment they need, you need to tell them in advance!
- As students sign up, they need to be informed of the "Talent Show Prep" activity slots leading up to the show.
- Fill in the slideshow with the names of the acts, have a list prepared in the same order with the songs and equipment written down, so it's ready to go and flows during the show!
- When it gets to the day of the talent show, make sure everyone still wants to participate, some people get stage fright!
- Prepare speakers, microrphones, lights etc.
- You will need a table and 3/4 chairs on the stage for the judges
- ALs should do a performance of some sort at the start to get students in the mood-this needs to be planned before!

Detailed description

- You will need 3/4 Judges who are prepared to speak after each performance and write down a score out of 10
- You should have 1/2 presenters who are happy to stand infront of the crowd and get them ready for every act!
- Having organised the acts in order and found out their requirements, 1/2 ALs should be on music and equipment duty
- The remaining ALs should be sat in the crowd making sure students remain quiet and respectful
- The night should be realatively easy to follow so long as it is organised! Once all acts are finished, the points will be added up and the top 3 will be revealed.

Wow moment

- Make sure the top 3 acts get prizes
- Encourage the crowds to clap and cheer
- Whilst the points get added up, why not do a group singalong?

NOTE:

Suitable for: 100-250 Students

Age Group:
Juniors and Seniors















3: Just dance & Karaoke

This Activity...

is perfect for evenings when the students have extra energy left that needs burning off! It can be done as a whole or as a huse event.

There's no better way for the students to get to know eachother and have some fun than letting go and doing a bit of singing and dancing!

Preparation

- Make sure that you have your biggest room available if you are doing it as a group.
- Wherever you are doing the activity, make sure you have a big screen, good speakers, maybe some disco lights and even some microphones
- Split the students into teams and give them scorecards with numbers 1-10.
- Have 4-5 ALs on this activity, we want the students to be hyped up.
- Have a score sheet ready to take note of the different scores

Detailed description

- It's best to start the night off with some karaoke and then finish with some just dance
- There's no better way to get the party started than having the ALs perform

- a song, whether it's a bit of ABBA, a disney song or a British classic, it's important you get into it and (make a bit of a fool of yourself) to encourage the students to join in!
- Each team must have one entry per round, whether it's a solo, a trio or the whole group!
- Do several rounds dependent on the atmosphere, making sure to get points at the end of each round.
- Time for some dancing! Get some classic Just dance up on Youtube, whether it's Waka Waka, Rasputin or Timber, it's your choice, ask for suggestions too!
- Equally students might have songs from their country that they would like to do, so do them!
- Don't forget to give a prize!

Wow moment

- The more you get stuck in, the more you'll enjoy it. If you do, it can end up being one of your favourite activities!
- Why not create themed rounds for karaoke?

NOTE:

Suitable for: 10-100 Students

Age Group: Juniors and Seniors















4: Activity Pending...

This Activity...(intro text)

Written from a dusemond AM perspective. placeholder text placeholder text

Preparation

holder text placeholder text placeholder text placeholder placeholder text placeholder

Detailed description

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Wow moment

holder text placeholder text placeholder text placeholder placeholder text placeholder

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors















5: Activity Pending...

This Activity...(intro text)

Written from a dusemond AM perspective. placeholder text placeholder text

Preparation

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Detailed description

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Wow moment

holder text placeholder text placeholder text placeholder placeholder text placeholder text placeholder text placeholder text placeholder placeholder text placeholder text placeholder text placeholder text placeholder placeholder text placeholder text placeholder text placeholder text placeholder placeholder text placeholder text placeholder text placeholder

NOTE:

Suitable for: 10-100 Students

Age Group:
Juniors and Seniors