

# Pembrokeshire Outdoor Schools



## Embedding the Four Purposes

## Activities

*Written by Mr S Thomas, Headteacher, Lamphey Primary School*

## Enterprising and Creative Contributors

- Think creatively to reframe and solve problems
- Take measured risks
- Lead and play different roles in teams effectively and responsibly
- Express ideas and emotions through different media

### **Game 1 – Pitching a Tent Blindfold**

1. In groups of 4-6, students are asked to put up a flysheet of a tent.
2. All are blindfolded except one member whose job it is to direct the rest of the team.

#### **Equipment:**

A small two-man flysheet complete with poles, pegs etc. and blindfolds.

### **Game 2 – Blind Line Out**

1. Everyone is blindfolded.
2. Once all of the members are ready the right arm is raised.
3. When the tutor touches your arm and gives you a number, lower your arm.
4. The task is for the group, in silence, to arrange itself in line one behind the other in order 1-10.

### **Game 3 – Blind as a Bat**

1. The group is blindfolded. Each person is given the name of a bird/animals which only they know. The allocation of animal/bird names are arranged to ensure that there are three distinct groups:  
e.g. Domestic (cat, dog, budgie)  
Farm (cow, pig, horse)  
Bird (cockerel, turkey, cuckoo)
2. The group has to arrange itself into three sub-groups; the only means of communication possible is the appropriate animal/bird noise.

### **Game 4 – Night Line**

1. Students are blindfolded and given instructions to follow a long guideline of 30m+ length, which has been laid over/under/through obstacles.
2. Objects can be tied onto the guideline and the students asked to identify these objects at the end.
3. Students can be set off individually, tied together or end to end.

(Someone must be positioned to supervise closely those taking part).

A suitable area for the course would be woods/bushes/ditches/hedgerows or the urban environment using metal barriers, steps park benches etc.

### **Game 5 – Three-legged Blindfold Obstacle Course**

1. Working in groups of 4, two of the members are blindfolded, tied together at the ankles and taken to the start of an obstacle course.
2. The other 2 members of the group are told to direct their team members around the course using verbal instructions. They are not permitted to describe the obstacles or the course. They can only give directions, e.g. left, right, forwards, up, down, crawls etc.
3. Avoid letting the blindfolded people see the course beforehand.

#### **Equipment:**

Tyres, large inner-tubes, planks, suitable pivots, wooden cases or poles, milk crates, mattresses etc.

### **Game 6 – Bomb Around the Obstacles/Assault Course**

1. Set up an obstacle course or use an existing assault course.
2. The bomb, which consists of a suitable container half-filled with water (e.g. 8-gallon container), has to be carried around the course.
3. If the bomb is dropped or banged it will explode and all will be killed.
4. The group may consist of 4 or 5 people.

#### **Variations:**

- Use a bucket full of water which is to finish the course as full as possible.
- Use a large log.
- Carry an egg.

### **Game 7 – Square Dance**

1. All the group is blindfolded.
2. The tutor gets each person to grasp a hillrope which has the two ends which has the two ends tied together. The members are spaced at equal intervals along the rope.
3. Only one person is allowed to speak at once.
4. The task is to arrange the group exactly into a square.

### **Game 8 – Moving Safely Across a Minefield**

1. The group must devise a means of moving themselves and all their equipment across a patch of ground with no-one touching the ground.

#### **Equipment:**

2 stout planks, 3 milk crates or substitute. Group of 6-12 depending upon materials.

### **Game 9 – Sitting Circle**

1. Group stands in a close circle in queue form, with right shoulders to the centre.
2. Circle closes so everyone is touching.
3. Everyone sits on the knees to the person behind.

#### **Equipment:**

None. Circle of 30 or more children.

### **Game 10 – Centipede**

1. Arrange two planks parallel to each other.
2. The group stands one foot on each.
3. The person at the front and the back holds a sling in each hand, which is looped under the end of the plank.
4. Co-ordinate the movement forwards of the 'Centipede'.

### **Game 11 – Living Ladder**

#### **Apparatus**

A collection of wooden poles is required (about 1m long and 5cm in diameter). These form the rungs of the ladder. One pole is needed per pair of pupils.

A 'Climber' needs to be chosen from the group. The remainder of the group are given one rung of the living ladder. Several pairs holding a rung and standing close together form the ladder. The climber starts at one end and moves from rung to rung. As a rung becomes free, the pair holding it can move forward thus extending the ladder.

#### **Safety:**

The group must understand that they are responsible for the safety of the climber.

Climbers must be in control with at least two rungs and have three points in control (e.g. one foot and two hands) at all times.