

RUNNING GAMES AND ACTIVITIES

unit aim:

Games and activities are an important part of the programme for most youth/children's groups but like everything else they need to be planned well and run carefully if they are to be successful. In this Unit you will be given help to plan and run a game yourself.

Before you work through this Unit you will find it really helpful to look at the Unit 6 section of the Infusion CD-ROM where there is some useful advice on running games and lots of games ideas.

By now you will probably have seen many games and activities run by the leaders in your group and you may well have been involved in helping to run them yourself. Running a simple game or activity with a group of co-operative young people is not very demanding. However, when things get a little more complicated, or the young people are not easy to work with, then you will find it extremely useful to know how to organise games and activities so that they run smoothly and safely.

task

1

To start with you will need to arrange with the leaders a suitable time to run a game at the group on your own:

- You **must** choose a game that is new to the young people – the Unit 6 section of the Infusion CD-ROM has lots of ideas for suitable games.
- It is best to run the game with a reasonably co-operative group of young people if possible.
- If you are under 18 an adult should be present with you at all times during the game.

task

2

When you have decided which game to play, the meeting at which you will run it and the group of young people that will take part, work through the four stages below:

Here is a planning checklist. Tick the items off as you complete them:

**BEFORE
the game:**

- Any equipment needed has been prepared and checked for safety – spares are ready if required. (Don't forget to include a whistle, which you will find invaluable.)
- The rules of the game are understood and have been written down simply for reading out to the young people.
- Any safety instructions have been written down for reading out to the young people.
- The playing area has been checked for suitability and a S.A.F.E. assessment carried out.

AT THE START of the game:

Here are some tips to help you. Tick the items off as you complete them:

- Ensure that sufficient leaders are present with you to provide adequate supervision. (If you are under 18 at least one adult should be present.)
- Read out the rules you wrote down and check they are understood.
- Read out the safety instructions you wrote down and check they are understood.
- Explain that a short blast on the whistle at any time during the game indicates that everyone should stop, be quiet and listen to you.
- If appropriate, demonstrate the game to help the young people understand the rules and how to use any equipment safely.
- If teams are required, ensure they are picked fairly.
- Give out any equipment just before the game starts.

DURING the game:

Here are some more tips to help you.

- Enforce the rules and safety instructions firmly but fairly** – if you feel it is necessary, stop the game and explain the rules etc. again.
- If you feel you are losing control, or need help at any stage, ask a more experienced leader present to assist you** – this is not a sign of weakness on your part!
- Keep track of time** – it is easy to forget when you should stop if things are going well.

AFTER the game:

Ask one of the more experienced leaders present to give you some feedback on the following:

- Your planning before the game.
- How you started the game (explanation of rules, etc.).
- How you ran the game.

You could also ask the young people if they enjoyed the game and if there is anything they can suggest you do next time to make it more fun and enjoyable.

Write down three things you will do differently next time you run any game to help improve the planning or running of it:

1

2

3

Supervisor's Endorsement:

The Trainee has satisfactorily completed this Unit.

Signed

Date