



What is Higher Games?

Higher Games is a Christian based programme of six sessions, each lasting 90 minutes, aimed primarily at children aged 8 to 11 – though with a little tweaking the age range can be extended at both the lower and higher end. Each session has a sports focus with the children being actively involved in playing the games. There are warm-up activities and games to play but this is not a specialist sports course, rather it is taking children's love of sport and play, and integrating these into a church's outreach programme.

When can I run Higher Games?

Higher Games is ideally an outdoor programme, so clearly will work better in the warmer months, though an indoor sports hall makes a year-round option possible. It could run as:

- A series of weekly programmes throughout a half-term (either after school on a weekday or perhaps on a Saturday morning).
- A holiday programme over five days or over three days if two sessions are run each day. It may work well to run it around a major sports event such as the Olympics/Paralympics or Commonwealth Games.

Where can I run Higher Games?

It is designed to be run at a park, sports pitch, school playing field, a sports hall or even a MUGA (Multi-Use Games Area). All you need is a good space, but access to toilets is obviously important.

What do I need to run Higher Games?

Energy, enthusiasm and a passion for mission through sport with children and young people. A team of willing volunteers (at least one for every eight children), a suitable venue, a variety of sports equipment* and a group of children that want to take part. It is helpful for the team to have similar coloured T-shirts for ID purposes.

Why run Higher Games?

This is the KEY question. If you know why you are running it and what you hope to achieve, then you will be able to judge if the programme is a success. We passionately believe that this programme is a great way of connecting the church with a group of children (and their families) who might not otherwise be a part of the faith community. Each session of Higher Games includes a Team Talk based around the life of Joseph and the key theme is integrated into the activities.

For that reason it is vital BEFORE you start to run Higher Games to think through how you follow up this programme with the children and families. Will you run a similar programme again? Is there a holiday club? A special family service? A church BBQ or other event? It is important to build small steps to strengthen relationships with those involved, which will lead to greater church engagement.

* Scripture Union has a stock of Higher Games bags for sale which contain all the key equipment you will need to run this programme. More information at www.scriptureunion.org.uk/sport



A typical programme outline (assuming the session runs from 10–11:30am)

9:15am	Team arrives, check venue, set up activities
9:30am	Team briefing: programme outline, key responsibilities, safety, questions
9:40am	Team prayer
9:50am	Registration opens; opening activity underway
10:05am	Welcome and introductions; safety instructions; overview of programme and theme
10:10am	Warm-up activities
10:25am	Team challenges
10:45am	Drinks break/refreshments (suggest children bring their own bottles/snacks)
10:55am	Team talk
11:05am	Games
11:25am	Close: final briefing; notices
11:30am	Children depart; team clear-up, debrief and prayer

The programme in detail/How to use this guide

Each session runs along similar lines and so the best way to use this guide is to think of the programme as a menu. You must

CHOOSE one or more of the activities from each section each day to build your programme. There are sections offering:

1. Warm-up activities
2. Team challenges
3. Games
4. Team talks

Session themes

Session	Theme	Bible base	Story
1	Playing fair	Genesis 37:1–36	Joseph is sold into slavery
2	Accept the decision	Genesis 39:1–20a	Joseph is sent to jail
3	Dealing with tough times	Genesis 39:20b – 40:23	The cupbearer and baker
4	Perseverance	Genesis 41:1–40	Joseph interprets Pharaoh's dream
5	Handling success	Genesis 41:41–57	Joseph oversees the famine
6	Living the life	Genesis 42–45,50	Joseph's family is reunited

Warm-up section

Aim: To increase the children's heart rate and get them engaged.

1 Jogging

Zone out an area which they must stay in.

Ask the children to jog around the area to begin with. You can then shout different ways in which they should move around:

Hopping Side step Backwards Skipping Grapevine With another person

2 Numbers

Zone out an area. Explain the action linked to each number. As the children jog round, shout a number. Encourage them to do this action and then carry on running.

For example:

- | | |
|------------------------------|-----------------------------|
| 1 One hand touches the floor | 2 Two hands touch the floor |
| 3 Jump in the air | 4 Turn around fully |

3 Body parts

Ask the children to jog around. Shout a number. Explain that the children have to move around with that number of body parts touching the floor.

Extension:

A body part is shouted and the children have to touch somebody else's body part, for example if 'elbow' is shouted, a child has to find a partner and they touch elbows.

4 Crocodile

Put the children into teams. Give the person at the front a cone. Ask the teams to start jogging round the area of the sports field. As they are jogging, they should pass the cone down the line, either to the side or over the head. When the person at the back has the cone, they then run to the front. The cone is then passed back again.

5 Aerobics

Children stand in front of the coach in a space and have to follow the actions that the coach does. The aim is to get them moving to raise their heart rate.

You could make it into a little sequence:

jogging on the spot	jumping	side steps
grapevine	box step	lunges



6 Opposites

Ask the children to stand in a circle and the coach should stand in the middle. The coach throws the ball to children individually with an instruction. The children have to do the opposite to that instruction. For example, if the coach says:

- 'catch', they have to drop it
- 'drop it', they have to catch it
- 'don't clap', they have to clap before they catch it
- 'clap', and they don't clap before they catch it
- 'jump', they have to crouch before they catch it
- 'crouch', they have to jump

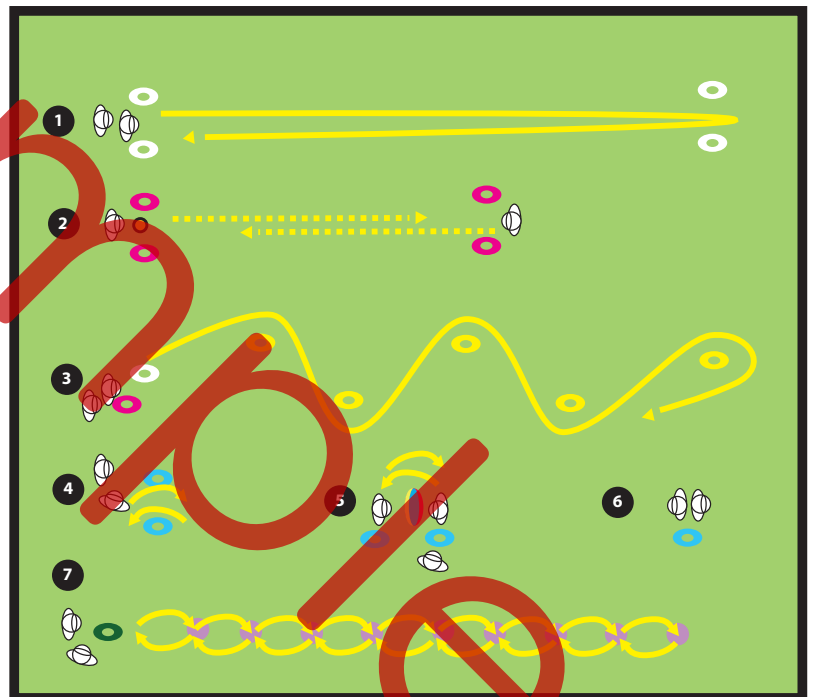
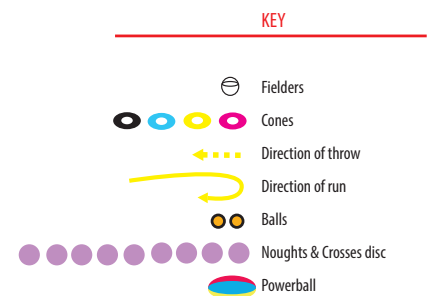
7 Circuits

If you have limited space, it might be that for a warm-up activity you get the children to go round doing different challenges. If they go round in pairs, one can do the activity while the other counts – if they are not doing the activity together. The coach might want to set a time of 20 seconds for each activity.

The activities might include:

1. Shuttle runs – running up and down between two cones.
2. Number of catches with a partner without dropping it.
3. Balancing a cone on your head around a course.
4. Jumping over a single cone. The partner can count.
5. Sit-ups. Sit opposite each other with your feet together. One holds the powerball, lies back, then sits up giving the ball to their partner and they repeat the exercise.
6. Back-to-back squats. Stand with your backs to each other and lock arms. Move your feet out from each other slightly so you can both squat down together. Go down as far as comfortable. Do not fall over.
7. Single leg hops. Hop on one leg, landing on each of the noughts and crosses discs. When you get to the last disc, turn round and hop back on the other leg.

Children will probably be familiar with many of these activities from school and other clubs. However, if they aren't it would be worth doing one each week that they will then become familiar with.



Games

1 Non-stop cricket

Equipment required

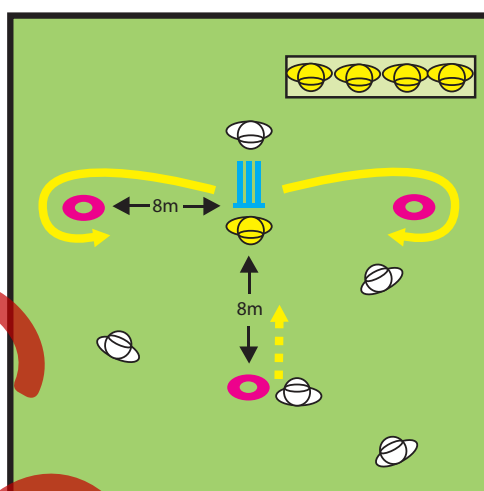
- Set of wickets
- Bat and ball
- 2 sets of bibs
- 3 cones

How to play

1. Divide the children into two equal teams; choose one team to bat first.
2. Batting team lines up in batting area and first batter steps up to the wicket.
3. The bowler delivers a tennis ball underarm at a steady pace, allowing for one bounce before the wicket.
4. The batter must run if any contact is made with the ball
5. A run is scored when the batter carries the bat around either side cone after making contact with the ball and returning to the wicket.
6. A double run is registered if the batter has time to run past the wicket and round the second cone before receiving the next delivery.
7. The batter is not allowed to run if the ball is missed. The same applies to any hit that causes the ball to go behind the wicket.
8. The fielders, on collecting the struck ball, must return it to the bowler who continues to bowl at the same pace whether the batter has returned or not (hence 'non-stop' cricket).
9. A striker is given 'out' if:
 - i. the ball hits the wicket from a genuine ball bowled;
 - ii. a fielder makes a clean catch from a hit;
 - iii. the batter is deemed to have prevented the ball hitting the wicket by illegal use of the body.
10. As soon as a batter is given 'out' the bat must be given to the next batter in line. Should the bowler hit the wicket while the bat is being exchanged then the new batter is also 'out' and must quickly pass the bat to the next in line before the same fate is suffered.
11. An innings continues until the whole team is out or until the agreed time has been reached.

Note

Games can be decided over two innings if time is available. 'Champagne moments' could be awarded to any outstanding individual score or catch.



KEY

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- Diagram illustrating the layout of a cricket pitch:
- Strikers
 - Batting area
 - Fielders
 - Cones
 - Direction to bowl
 - Direction of run
 - Wickets

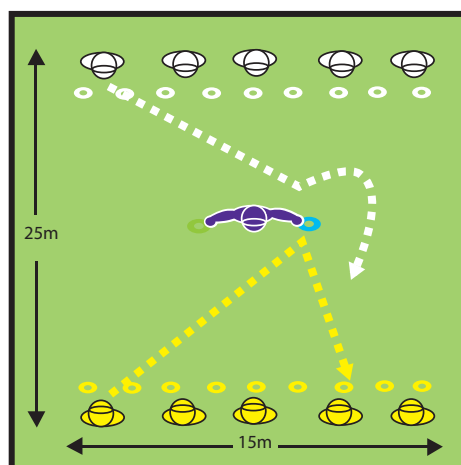
5 Take the cone

Equipment required

- 12–22 cones

How to play

- Teams consist of five players and each player from both sides receives a number from 1 to 5.
- All players lie on their backs with feet pointing towards the umpire.
- To start the game the umpire calls a number between 1 and 5 as well as the colour of one of the cones.
- The two opponents run to the centre and decide whether to 'take the cone' or tag the 'cone taker'.
- Points are scored by returning safely to your team with the appropriate cone or tagging the cone carrier before he/she reaches home territory.
- If a stalemate is reached and no one takes the cone then the umpire calls a draw. A new number and colour is called.
- All games are timed.



KEY

- Team A
- Team B
- Cones
- Umpire
- Held cones (2 colours)
- Run after taking cone
- Run by 'chaser'

6. Noughts & Crosses

Equipment required

- 10–20 Cones
- 9 rubber bases
- bibs

How to play

- Each team of five players line up behind their respective 'cone line'.
- Each team member is given a number between 1 and 5.
- The referee starts the game by calling either one number, two numbers or three numbers.
- As numbers are called the appropriate players take up their position on a base of their choice. To claim it they must make contact with the base before an opponent gets there.
- When all the numbers have eventually been called then the team with a complete straight line wins the point.
- No team can gain a point by occupying the three closest bases. Only one of these bases will count in scoring a complete line.
- After each complete line and the awarding of a point, both teams return to their original starting position.

- ### KEY
- Rubber bases
 - Cones
 - Team A
 - Team B
 - Direction of run

