# SUMMER GAMES

## HOLIDAY HEROES

SCOTLAND
**children's**
UNIVERSITY

Welcome to **Holiday Heroes!**
This week is all about **discovering the great outdoors.**
How many can you complete?

**Collect your credits!**
Claim 1 credit for each activity you do. Log the activity on Aspire to unlock your credit!
www.cus-aspire.com
(You can only log each activity once.)

### 1: TARGET PRACTICE

Set your targets out. Harder/ further targets = higher points values. Each player selects a throwing item and aims to hit the highest points target. Every player gets 3 throws go. Highest combined points wins!

**You'll need:** Targets (different containers), non-breakable throwing objects, pen, paper

### 2: ZOO-TINE

Write 5+ different animal species on scrap. Make up a move for each and write on a cheat sheet. Pick one of your animal species from a bag and do your moves to make a fun, random routine!

**You'll need:** Paper/pencil, imagination, comfy clothes.

### 5: ESCAPE ARTIST

You are the map master! Others try to escape your map. Room 1: hide an object for players to find. Room 2: Make a code for them to break. 3: Create a visual puzzle for them to solve.

**HINT:** make your map from sticks or chalk.

### 3: BOTTLE BOWLS

Set up your bottle 'pins'. Points: 1 point for each bottle knocked over. +5 points for a strike (all bottles fall in one go) +2 points for half-strike (all bottles fall in 2 tries).

**You'll need:** 5-10 empty bottles / cartons, a ball.

### 4: TRAFFIC LIGHT TAG

Players try to tag the Traffic Light first. They must only move when TL has shouted 'Green Light'. If TL shouts 'Red Light' they must freeze! If TL catches you moving during red light, go back to the start line!

**Set up:** 3+ players. One player is the 'traffic light'. Other players start 10m away.

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