

## Fit for Europe - fit for life



### Capture the flag

Can be played either inside or outside.

Material: 2 flags, ribbons

Age: All ages

Group size: Up to 40+

Participants are divided into 2 teams and each team gets half of the playing field. Each team gets a flag, they have to hide it somewhere on their half - but part of the flag should be visible. Each person gets one life (a ribbon) that they let hang from the back of their trousers (e.g. the pockets).

The object of the game, is to run into the other teams half, get the flag and return safely to your own half with the flag.

If someone from the other team takes your life (ribbon) then you have to go back to your teams field and wait until someone from your team has an extra life to give to you.

The game goes on until one team has gotten the other teams' flag.

# January 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Fit for Europe - fit for life



**Monk**

Played outside.

Material: 30 cm long sticks (as many as participants) marked with different numbers, one monk (four 30 cm sticks glued together).

Ages: All ages.

Group size: As many as the sticks, from 4 up to 99.

Participants make a half-circle around the monk, each with their own stick (they have to remember their number). The person watching out for the monk is on one end and the person on the other end starts, throwing his/her stick at the monk trying to make it fall down. When someone is able to bring down the monk, everyone that has thrown their stick has to go and get it and get back to his/her place before the person watching out for the monk is able to catch them. If you're caught you have to give the watchman your stick and try to catch someone else that hasn't reached his place. The watchman has to raise up the monk before he can start trying to catch anyone. When the next game starts the watchman goes to the other end of the half-circle and is the first one to throw. That way it isn't always the same person that starts throwing.

# February 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## Fit for Europe - fit for life



**Border game**

Can be played outside or inside a gym

Material: Rope

Age: All ages

Group size: 10-40+

Put the rope on the ground, the rope symbolizes the border. The participants are divided into two teams that have bases on either side of the rope. The point of the game is to try and drag members of the other team over the border onto your team's part. Team-members (at least 3) can make a link by hooking hands and go over the border to try to catch someone but one member of the link has to stay on their own side. If the link breaks those in the link become members of the other team.

# March 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Fit for Europe - fit for life



### Chicken run

Can be played either outside or inside a gym

Material: A rubber chicken

Age: All ages

Group size: 4-32

Participants are divided into two teams that compete. It's good to have 5-6 persons on each team. There can be more teams but then you have to have one rubber chicken for every two teams. One team (A) starts with throwing the rubber chicken, the other team (B) has to run and get it. While B are running the person in A that threw the chicken has to run in circles around his own team and his team-mates count how many circles he runs. When team B reaches the chicken they have to form a line, the first person in the line passes it to the next in line by giving it over his shoulder, number two passes it to number three by passing it through his legs, next one passes it over his shoulder and so on. The last in line throws the chicken and then team A has to run and get it. The person in B that threw the chicken runs in circles around his team-mates and when team A reaches the chicken they form a line and pass the chicken. This game can go on forever!

# April 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## Fit for Europe - fit for life



### Poison in a bottle

Can be played outside or inside a gym

Material: None

Age: All ages

Group size: 4-99

One person (or more depending on how many participants) is "it" and turns his/her back to the other participants. The others hold softly on to "it's" clothes (overcoat or jumper) with one hand. The "it" now has to say "poison in a bottle" for the game to start. He can fool the people holding onto him/her by saying something that sounds similar, such as "poison in a kettle" or "poison in a throttle", but when he/she says the actual magic words, all the people holding onto him/her have to run away as fast as they can. "It" tries to tag them and if he/she succeeds they have to stand still with their legs apart. Other people can save them by crawling between their legs.

# May 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Fit for Europe - fit for life



### Bulldog

Can be played outside or inside a gym

Material: None

Age: All ages

Group size: From 3 to 100 depending on the size of the playing-field

Everybody starts on one side of the field, except for the one that is "it" starts in the middle of the field. When "it" claps everybody has to start running over to the other side. If they can make it without being caught they're free. If "it" however catches them they have to go down on all fours and crawl the rest of the way to be free. If "it" can lift you up from the ground then you become another "it" and help the first one catching the others. You can have variations of the game, depending on the participant's age, fx. not lifting everything up from the ground, that one or two limbs can touch the ground and so on.

## June 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## Fit for Europe - fit for life



### A game of Tag

Can be played outside or inside a gym

Materials: None

Age: All ages

Group size: 4-100

A typical game of Tag. One or more persons are "it" (depending on group size). When someone is caught he/she has to stand still and can only go free if someone gives him/her a hug. Variations could be freeing by saying nice things or that girls can only free girls and boys other boys,

# July 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Fit for Europe - fit for life



### 1 2 3 relay

Can be played either outside or inside a gym

Materials: None

Age: All ages

Group size: 6 and up

The group is divided into teams of 3-6 persons which are lined up in relay lines. The first in each line is no. 1, the second one no. 2 and so on. The leader stands about 10 meters from the relay lines. He calls out numbers. If he/she only calls out one number (e.g. 4), the persons in both/all teams bearing that number have to run to the leader and back. The team that is the quickest wins. If the leader calls out two numbers (e.g. 3 and 5), those with the numbers called out (on each team) have to run to the leader, one with the other on his/her back. If the leader however calls out three numbers (e.g. 1, 2 and 4), those with the numbers have to run over to the leader in the fashion that two carry one (two put their hands together and the third one sits on their hands and they carry him/her over to the leader and back).

# August 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Fit for Europe - fit for life



### Touch 3 things

Played outside where there are places to hide

Material: None

Age: All ages

Group size: 6-30

Pick an accessible place (from all sides) for the point of origin. One person is "it" and he/she names three things the others have to touch before they can hide. They don't have to touch the things in any particular order. "It" counts to 20 and then starts searching for the others. He/she cannot go far from the point of origin, only 4-5 steps. When "it" sees/finds someone they call out "touch three things for ... (the persons' name)". Then he/she starts counting again, now to 15, and then is on the lookout again and calls out the names of those he/she finds. The third and fourth time he/she counts to 10. If everybody isn't found by then they come out of hiding. In the next round the one who was the first to be found is "it". If nobody was called out then the one that comes back last when the round is over is "it".

# September 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## Fit for Europe - fit for life



**Long rope**

Played outside or inside a gym  
 Material: A fairly long piece of rope  
 Age: 6 and up  
 Group size: 3-50

One or more participants jump over a rope swung so that it passes under their feet and over their heads. A minimum of three participants take turns, two of whom turn the rope while one or more jumps. Variations could e.g. be getting as many as possible jumping at the same time.

# October 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Fit for Europe - fit for life



### Burning ball

Played outside or inside a gym

Material: Ball (not too big - one that fits the hands of the age playing)

Age: 6 and up

Group size: 10-30

Lead er B			Lead er A
	Team A	Team B	

The playing field is divided in two and the participants into two teams. Each team has to choose a leader

The leader of team A is on the other side of team B and vice versa.

You flip on which team starts with the ball and the leader of that team starts throwing. The purpose of the game is to hit the other team with the ball by throwing the ball from the leader to the team.

When a person is hit he/she goes over to his/her team's leader and helps him. When only one person is left on a team the leader joins him/her out in the field. The leader has two lives. If someone on the other team catches the ball the person throwing the ball loses his/her life. The game is over when the leader has lost both his lives.

# November 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Fit for Europe - fit for life



### Rope game

Can be played either inside or outside.

Material: 10-30 meter of rope

Age: All ages

Group size: 10-40

The rope-ends are tied together to make it a circle. Participants gather around and hold the rope with one hand. It is best if there is about 1 meter between participants in the circle. One is "it" and goes into the circle. "It" tries to slap the hands holding the rope and the participants can let go of the rope so they won't get slapped. If "it" can slap a hand holding on to the rope the hand's owner becomes "it". If however the rope touches the ground at any point (when people let go of it) the person responsible or the person next to where the rope touches the ground, becomes "it".

# December 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	