

## INSTRUCTIONS

### WHAT IS A CELEBRATION OF SPORT?

Christians in Sport exists to reach the world of sport for Christ. Celebration of Sport is an event that has been designed for churches, schools and sports clubs, to put on for young people. It could be used as an effective way of engaging a group of young people that you desire to build a relationship with. Alternatively, it could be used as an evangelistic event for young Christians to invite their friends to.

This document aims to provide you with a basic outline for running a Celebration of Sport event. For it to work in your context please feel free to adapt this document and use it as a springboard for your own ideas. If you want more information on how to run a sport based evangelistic event, please refer to the 'how to run a sports tournament' document also included in the Sports Mission Pack.

### HOW DOES A CELEBRATION OF SPORT WORK?

Celebration of Sport is designed to be held in a sports hall. However, it can be adapted to work outdoors on grass or on an AstroTurf pitch. Young people compete in teams, taking part in several different sporting challenges. It is recommended that you use at least 8 challenges and that you aim to have an equal number of young people per team (approx. 6-8). The challenges should work equally well with teams of all boys/girls or with mixed teams. Here are a few options to consider:

- Teams can be paired together so that they take part in challenges at the same time and rotate around challenges together. This option is good for creating a competitive atmosphere between teams. However, it requires that each challenge has two sets of equipment for the teams to use
- Challenges can be used one team at a time. This is a good option especially if space is tight
- You can decide to have more challenges than there are teams

***Celebration of Sport runs as follows:***

- Each team is assigned a challenge to start on
- Each challenge has a referee
- When the team arrive at their first challenge the referee explains the rules of the challenge to the young people
- All challenges should be able to be explained by referees in under one minute
- Teams start and end challenges at the same time, indicated by a central whistle
- Teams have three minutes on each challenge so must work fast at high intensity
- Once a challenge is finished teams rotate clockwise around the room to the next challenge and then process begins again
- Teams keep rotating around the challenges until all the challenges are completed
- In challenges where having more players is important, the number of players allowed to be involved in the game at any given time should be set at the number that the team with the fewest young people has

Referees should keep a note of the top three scores on their challenge. This could be done by writing the top three scores on a piece of flipchart paper or magic whiteboard paper on the wall next to the challenge and updating the top three scores every time a recorded score is beaten. Once all team have completed all the challenges the final scores should be totaled. The team that wins the most points is the Celebration of Sport champion. Below is a recommended scoring structure:

- 1st = 5 points
- 2nd = 3 points
- 3rd = 1 point

## CHALLENGES LIST AND EQUIPMENT

Along with the specific equipment for each challenge you will also need;

- Pens
- Whistles and hooter
- Stopwatch
- Prizes for the winning team
- Speaker and iPod (Note – playing upbeat energetic music during the challenges helps to create an intense, competitive atmosphere)

Below is a list of 20 challenge ideas. Each challenge includes an explanation of how the challenge works and the recommended equipment to use. However, you may need to adapt the equipment and rules to fit with the resources you have available and needs of the young people:

### Aunt Sally

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

A miniature skittle is placed on top of a platform (e.g. speaker stand). Players are blindfolded and stand approx. 5 paces and away from the platform behind a coned line. They take it in turns attempting to knock the object over using a beanbag. 1 point is scored for every time the object is knocked off the platform.

**Equipment:** Miniature skittle, speaker stand, blindfold, 3 beanbags, cones

### Badminton Cone Catch

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

1 player stands on a cone holding an upturned cone on their head. The rest of their team stand approx. 5 paces away behind a coned line. Players take it in turns attempting to hit shuttlecocks with a racquet for their team member to catch in the cone on their head. The player with the cone can move but must keep both feet planted and keep the cone on their head. 1 point is scored for every time a shuttlecock lands in the cone.

**Equipment:** Cones, racquets, shuttlecocks

### Ball Transfer

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Cones are placed on the ground in a zig zag formation approx. 5 paces apart with a bucket placed at both ends one of which is filled with tennis balls. Players each stand on a cone and then attempt to transfer tennis balls from one bucket to the other through the zig zag formation. Players cannot move their feet and when ball is dropped it must go back to start. 1 point is scored for every ball that reaches the bucket at the far end.

**Equipment:** 2 buckets, cones, tennis balls

## Bean Bag Boules

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Three taped squares (approx. 30cm<sup>2</sup>) are marked on the floor at increasing distance away from a coned throwing line (approx. 2 paces, 4 paces and 6 paces). Players stand behind the coned line and take it in turns attempting to throw bean bags and rest them in the squares. 1 point is given if the bean bag rests in the square 2 paces away, 3 points for 4 paces and 5 points for 6 paces.

**Equipment:** Bean bags, cones, tape

## Bin Bounce

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

A bin is placed approx. 5 paces away from a crazy catch net. Players stand behind the net and take it in turns attempting to rebound a ball off the crazy catch net and land it the bin. 1 point is scored for every time the ball lands in the bin.

**Equipment:** Bin, crazy catch net, ball

## Chip Challenge

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

A small 'gate' using 3 giant jenga blocks is placed 8 paces from a coned line. An obstacle (e.g. a small box) is placed approx. 3 paces from the coned line. Players take it in turns attempting to flick a small plastic ball over the obstacle and through the 'gate' from behind the line using a unihoc stick. 3 points are scored for every time the ball goes through the gate. 1 point is scored for every time the ball strikes the frame of the 'gate'.

**Equipment:** Box, ball, unihoc stick, cones

## Crazy Catch

**Aim:** To get as many consecutive catches as possible in the allocated time

**Explanation:**

A coned throwing line is placed approx. 5 paces and away from a crazy catch net. Players stand behind the coned line and take it in turns attempting to rebound a ball off the net so that the person behind them in the queue catches it behind the coned line. 1 point is scored for every successful catch. However, if a mistake is made the teams score starts back at zero. The team's highest consecutive points total counts.

**Equipment:** Cones, crazy catch net, ball

## Egg & Spoon Relay

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Cones are placed on the ground approx. 15 paces apart. The team splits evenly into two groups stand behind the cones facing each other. Players take it in turns attempting to transfer a rubber egg using a wooden spoon from one side to their teammate on the other side. The transfer of the egg from teammate to teammate must happen without the use of hands, apart from holding your spoon at the very end. If the egg is dropped the player must return to their starting cone. 1 point is scored for every successful egg transfer.

**Equipment:** Rubber egg, wooden spoons, cones

## **Frisbee Hoopla**

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Two hula hoops are placed on the ground approx. 10 paces apart. The team splits evenly into two groups stand behind the hula hoops facing each other. One player stand in the middle of the two hoops holding a hula hoop in midair. Players take it in turns to step into the hula hoop placed on the group and attempt to throw a Frisbee through the hula hoop held in midair and to be caught by their teammate standing in the hula hoop on the other side. The throwing player and the catching player must keep both feet inside their hoops. The player holding the hula hoop in midair cannot move the hoop. Players rotate to the back of their queue after they have thrown the Frisbee. 1 point is scored for every time the Frisbee is thrown through the hula hoop and successfully caught.

**Equipment:** Frisbee, 3 hula hoops

## **Giant Tennis Rally**

**Aim:** To get the highest score possible in the allocated time

**Explanation:**

Two hula hoops are placed on the ground approx. 5 paces apart. The team splits evenly into two groups stand behind the hoops facing each other. Each side has two tennis racquets between them. Players take it in turns attempting hit a tennis ball using the tennis racquets standing in their hula hoop to their teammate in the opposite hoop. They in turn attempt to hit the ball back and so the rally continues. Once a player has hit the ball they pass their racquet to another teammate and join the back of their queue. 1 point is scored for every successful hit. However, if a mistake is made the team's score starts back at zero. The team's highest consecutive rally total counts.

**Equipment:** Racquets, tennis balls, hula hoops

## **Gutterball**

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

A bucket is placed on the ground approx. 15 paces away from a coned starting line which the team stands behind. Each player is given a piece of gutter. The team works together attempting to transfer a ball from the starting line into the bucket using the gutter. When the ball is their piece of gutter, they can't move their feet and if the ball is dropped they go back to the start. 1 point is scored for every ball successfully transferred into the bucket.

**Equipment:** Bucket, ball, cones

## Hoop Wriggle

**Aim:** To record the fastest time possible in the allocated time

**Explanation:**

The team stands in a line holding relay batons between them. A hula hoop is placed at one end of the line. The time starts when the player at the end of the line picks up the hula hoop. They step through the hoop and then the team attempts to pass the hoop along the line with every member of the team stepping through the hoop without letting go of the batons and only using their bodies. The free hands of the players on either end can only be used to lift the hoop off the ground and onto their shoulder at either end. The time stops when the hoop hits the floor at the far end of the line. The team can repeat this as many times as they like in the allocated time. Their fastest time counts.

**Equipment:** Hula hoop, batons, stopwatch

## Ping Pong Toss

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

A tall drain pipe is placed on the ground in the middle of a coned circle of approx. 4 paces in diameter. Players stand around the circle and take it in turns attempting to throw ping pong balls into the pipe. 1 point is scored for every time a ball lands in the pipe.

**Equipment:** Drain pipe, ping pong balls, cones

## Quoit Catch

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

1 player stands in a hula hoop placed on the ground holding a hockey stick by the curved end. The rest of their team stand approx. 5 paces away behind a coned line. Players take it in turns attempting to throw a quoit for their team mate to catch using the hockey stick. The catching player must remain in the hula hoop for the catch to count. 1 point is scored for every successful catch.

**Equipment:** Hockey stick, quoit, cones

## Reaction Ball Roll

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Cones are placed on the ground approx. 10 paces apart. The team splits evenly into two groups and stand behind the cones facing each other. In the middle two cones are placed approx. 2 paces apart to make a gate. Players take it in turns attempting to roll a reaction ball from one cone, through the gate, to be caught by their team mate on the other cone without fumbling. 1 point is scored for every successful roll and catch.

**Equipment:** Reaction ball, cones

## Skipathon

**Aim:** To score as many points as possible in the allocated time

**Explanation:**

Two team members hold either end of a skipping rope and begin swinging it round. Players take it in turns attempting to enter the rope and complete 3 successful skips over the rope. 1 point is scored for every 3 successful skips.

**Equipment:** Skipping rope

## **Speed Hop**

**Aim:** To score as many points as possible in the allocated time

**Explanation:** Cones are placed on the ground approx. 10 paces apart. The team splits evenly into two groups stand behind the cones facing each other. Players take it in turns attempting to transfer a relay baton from one side to their teammate on the other side by hopping. 1 point is scored for every successful baton transfer.

**Equipment:** Relay baton, cones

## **Tube Bowling**

**Aim:** To score as many points as possible in the allocated time

**Explanation:** A small taped square (approx. 30cm<sup>2</sup>) is marked on the floor. Players stand approx. 10 paces away from the square behind a coned line. They take it in turns attempting to roll a squash ball through a tube and get it to rest inside the marked square. 1 point is scored for every successful attempt

**Equipment:** Squash ball, cones, tape, tube

## **Static Relay**

**Aim:** To record the fastest time possible in the allocated time

**Explanation:** Cones are placed on the ground approx. 15 paces apart. Players line up behind one of the cones with the player at the end of the line holding a relay baton. When the time starts, players must attempt to transfer the baton from their starting position, around the top cone and back. The time stops when every team member is standing past the starting cone in the fastest possible time. Players cannot move their feet when they are in possession of the baton. If the baton is dropped, then they must start again while the timer continues to run. The team can repeat this as many times as they like in the allocated time. Their fastest time counts.

**Equipment:** Relay baton, cones, stopwatch

## **The Maze**

**Aim:** To score as many points as possible in the allocated time

**Explanation:** A 5x5 grid of cones is placed on the floor with approx. 1 pace between each cone. The referee has 3 pre-determined routes from one corner of the grid to the opposite corner consisting of 10 steps. Players take it in turns attempting to successfully make it through the grid using the correct route. The player chooses a cone to step on to from the starting point. The referee can either say 'YES' which indicates they have made the correct move and can attempt another move or they can say 'NO' which indicates they have made an incorrect move and must leave the maze and the next person in the team attempts to find the correct route from the beginning. The route can consist of moves forwards, backwards, left and right. Once a route is complete the team moves on to the second and third route which are all unique. 1 point is scored for every correct step made (each route is 10 steps so completing 1 and a half routes will score 15 points).

**Equipment:** 25 cones, maze routes

