

Summer of Fun

Games sheet

Primary/Secondary
Teacher instructions

Fun times in the sunshine! * Ant & Dec's *Propa Happy* Playtime Power

Let's get silly:

When we see others laughing and having fun, it can instantly make us feel good. It's actual science: mirror neurons (tiny cells) in our brains cause us to copy behaviour and emotions that we see around us. So how do you and your friends like to have fun? Are your games noisy, calm, silly or sporty? Maybe a bit of everything?

Ant We have a game we always play in our dressing room called Sock Football. Can you guess how it works?

Dec If you answered, "Playing football with a rolled-up pair of socks," you win a prize! It's dead simple: one of us takes our socks off. Then we make two goals, using our bags, a chair, or whatever we can find.

Ant Then we play Sock Football – first to score ten goals wins and the loser has to provide their socks next time – although that also means the winner has to put up with the loser's smelly feet!

Dec Just one tip – no headers. After all, who wants to put their head on someone else's smelly socks!

How will you share the fun?

Here are some fun activities to try in the big breaktime.

The circle of stares

Everyone stands in a circle. Choose one person to call "Look down" or "Look up". When it's "Look down", look at the ground. When it's "Look up", look at someone else in the circle. If they're staring right back at you, you're both out – so go out as dramatically as you can! Keep playing until there are just two people left – they're the winners.

Human rock, paper, scissors

You've probably played this game before, but have you used your whole body – not just your hands? Crouch into a ball if you're a rock. Lie flat on the ground if you're paper. And if you're scissors, stand tall with your legs and arms apart, then bring your hands together above your head like scissors.

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Friend-a-thon

Ask each person to choose an event. Now split into teams of around six – the winning team is the first to complete ALL the events! For example, you and your class mates might choose running, building a tower of dominoes, going across the monkey bars and saying your two times tables. Congratulations! You've just invented the run-build-monkey-times table-a-thon!

Body-spell buddies

Gather as many friends as you can for this body-spell challenge! Can you use your bodies to make the letters of the word: 'FRIENDSHIP' or 'NSPCC'? How about 'CHILDHOOD DAY'? You might need the whole class for that one! Choose your own favourite words or names, and ask your teacher to take a photograph!

Psst, teachers, don't forget to post the pictures on social media and tag the NSPCC.

Musical mates

Pick a favourite song as a class. Now take turns singing it – one word at a time! If you miss a word, go back to the start. If you can make it all the way through, you're musical stars!

TWINKLE...



TWINKLE...

LITTLE...



BAA? CAR?
JAR? ER....

Why not invent your own games?

My brother and I play this game where we pretend to audition for *Britain's Got Talent*. My brother, who is four, once said, "Hello my name is Kabir... and I come from Sainsbury's." We couldn't stop laughing!

Dhiya, age 9

The only
limit is your
imagination!

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Fun times in the sunshine! * Measure a mile

Your school is taking part in a summer fundraiser! And our friend Johnny Ball has shared a couple of fun ideas on how you could measure a mile.

These days, all our maths at school and our distances used in athletics and other sports involve using metric measurements. So what is a mile?

The Romans and measuring a mile

The Romans invented and used the mile 2,000 years ago and brought it to us when they conquered Britain. The Roman word "mille" was a metric term meaning 1,000. The Romans measured a mile by counting 1,000 double paces as walked by their regimental pacers.

As a group marched, the man at the front would count each double pace. One, two, three, four and so on. After nine, the next man would shout ten, then say nothing else until the first man got to 19 after which he would say 20.

When the time came, the third man would shout 100, and so on.

The Romans had accurately practised so that every 1,000 of their double paces was a mile, or very, very close to it. Whenever they pitched camp, the Romans would put up a sign which stated how many miles it was back to Rome.

When the Roman legions marched across what was then the greatest empire that the world had known, they did everything in tens, hundreds, and thousands.

Challenge: Could you become a centurion and get 100 people to join you in re-enacting a Roman mile for the NSPCC?

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How to measure your mile

- 1 Place a tape measure on the floor and ask a teacher to walk a double pace along the line.
- 2 Try to find the distance that their double pace covers (from left toe to left toe again).
- 3 Once you have measured this, multiply it by 1,000 and see if the Romans were right in their mile measuring!

When Johnny Ball did this for a TV programme many years ago, at the first try Johnny's double pace was 63 inches, which is 1.75 yards. In metric terms, this is equal to 1.6 metres.

If you multiply that by 1,000, you get 1,750 yards. A mile is 1,760 yards so Johnny's first measurement would have been out by only 10 yards. Not bad.

If you want to measure your double pace in metres, multiplying it by 1,000 should achieve the same result. If we multiply Johnny's 1.6 metre result by 1,000, we are left with 1.6 kilometres, which is also roughly equal to a mile.

Now you have all the information you need to measure your mile. However you choose to measure your mile, make sure you have lots of fun!

A big thank you to Johnny Ball for helping us measure our mile!

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Fun times in the sunshine! * Traditional games

While you walk your mile there are lots of fun traditional games you can play. Here are a few suggestions:

I spy: Look for objects starting with a certain letter. The children could be selected in alphabetical order of their name, and they choose an item beginning with the first letter of their name.

Follow the leader: The leader adds an element to the walk, like an arm motion, a sound, a hop, or so on. Everyone behind must follow along. Or, to make the game more challenging, have each new leader add a new element while keeping all the old ones going.

Memory game: The game starts by someone saying aloud "I went on a walk and I saw . . . (states item)." The next person must remember and call out all the previous items before adding their own item to the list. Try to keep the list going for as long as possible.

Nature trail: Look for certain objects or flowers or listen for the sounds of birds and other animals. Children win a token for each item they spot.

The amazing race: Challenge each other to a race from one spot to another.

Twenty questions: Carry something in your hand and have the children guess what it is over the course of your walk.

Catch: Bring a small ball or beanbag with you and toss it from person to person as you walk. Keep count and see how long your streak can get before dropping the ball.



Spelling bee: Have children challenge each other—and you—to spell words based on what they can see.

Poetry to go: Take turns creating a poem-on-the-go. Start off with a simple line like "I love to walk when the sun is bright" and have the children add their own rhymes ("but in the dark I get a fright...").

Word association: In turn (as they walk in a line), children say a word related to the previous word. An example might be as follows – Water – Drink – Coffee – Black – Night – Stars etc.

Rhyming game: Walking in a line, someone starts with a word, and you take it in turns to come up with a word that rhymes with it. See how long you can keep the chain going.

Counting patterns: Depending on the age of the children, take it in turns to count in multiples, e.g. 2,4,6,8 etc, getting progressively harder if the children are older 8,16,24,32, and so on.

Hula hoop pass: All the children hold hands in a line. Put a hula hoop on your arm, put your head through it and step through it and then pass it on to the person to your right. The hula hoop must be passed along the line without letting go of each other's hands.

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Indoor or
outdoor
activity

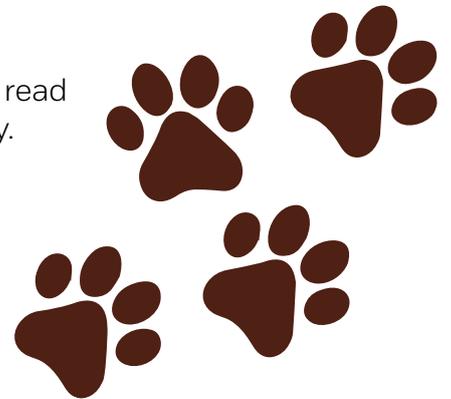
Fun times in the sunshine! * We're going on a bear hunt!

This is a fun activity which introduces children to measuring a mile. It can take place indoors or outdoors.

Introduce children to the bear hunt story. Nursery age children can be read the book by Michael Rosen. Older children will probably know the story.

How to go on a bear hunt

- 1 Identify the playing area. If outside, define the boundaries within which players need to stay. For inside play, specify any off-limit spaces. Provide a map showing boundaries and off-limit areas. If you have a large enough space with a mile perimeter, you can measure this out with the older children in advance or, for smaller perimeters, work out what fraction of a mile it is. (A mile is 5,280 feet).
- 2 Lay out your own series of obstacles that you can tie into the story.
- 3 Choose one player to be the bear, who goes and hides in the designated playing area. Perhaps make a bear mask out of a paper plate for the bear to wear. The children could also make binoculars out of kitchen roll inner tubes.
- 4 The rest of the children walk with exaggerated large steps calling out "We're going on a bear hunt" and other phrases from the book and song as they encounter the obstacles. Once the bear is found, whoever found them becomes the bear and it's their turn to hide.



Please note, this activity sheet has been designed using Adobe stock illustrations. It has not been endorsed by the author or publisher in any way.

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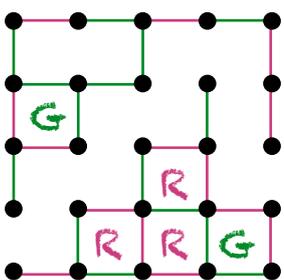
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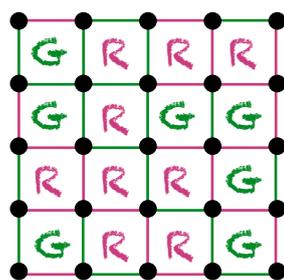
Fun times in the sunshine! * Pen and paper games

Dots and boxes

- To play dots, you need a square of dots on the page (start with 6x6 and challenge your kids to go up to 30x30 or more).
- Once the square is created, players (two or more) take turns with a different colour pen creating line segments between dots. When a player forms a square with their line, they may put their initial in that square and play again.
- The game continues until all the lines between the dots have been drawn and the winner is the player with the most claimed boxes.



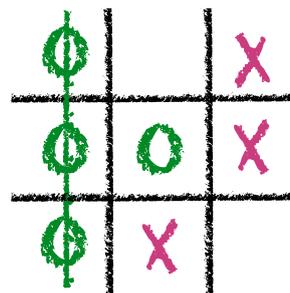
Players take turns to draw line segments and create boxes



Player 'R' wins as they claimed the most boxes

Noughts and crosses

- The simple game of noughts and crosses is a two player game of Xs and Os.
- Play begins with nine spaces on paper - see below diagram for reference. One player begins (take turns being the first player) by placing an X in one square. The next player draws an O in another square.
- The game continues until there are three Xs or Os in a row or all squares are filled - a draw game, also called cat's game.



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Fun times in the sunshine! * Pen and paper games

Battleships

- A two player game. Both players split their paper and draw two 10 x 10 grids, numbering 1 – 10 down the vertical and A-J across the top.
- Name one grid My Battleships and the other My Opponents battleships.
- Each player will then place the following ships on their battleship grid. A carrier (five squares), a battleship (four squares), a Cruiser (three squares), a submarine (three squares) and a Destroyer (two squares). The ships must be placed vertically or horizontally (not diagonally) and they must not overlap, players can shade in the areas where their boats are placed. Make sure that your grid is hidden from your opponent.
- Once this is complete players are ready to play the game.

	1	2	3	4	5	6	7	8	9	10
A										
B							M			
C										
D										
E										
F										
G										
H										
I										
J										

My Battleships

- The aim of the game is to find and 'sink' your opponents battleships. After deciding who goes first the player blindly guesses a specific square on the grid, for example A4 or D7. Their opponent will check this square against their battleships grid and inform their opponent if a battleship was 'hit' or is it was a 'miss'.
- The player can then record this information on their 'My Opponent's grid'. Players also record their opponents guesses on their own grid.
- The other player then takes their turn and names a square and play continues in this way.
- When a player had hit all of the spaces of one of their opponents ships they have sunk that ship and must be informed of this and need to colour the spaces on their grid to highlight a sunk ship.
- The game is over when one of the players sinks all five of their opponents battleships.

	1	2	3	4	5	6	7	8	9	10
A				M						
B										
C										
D	M						H	H	H	
E										
F										
G										
H				M					H	
I									H	
J										

My Opponents battleships

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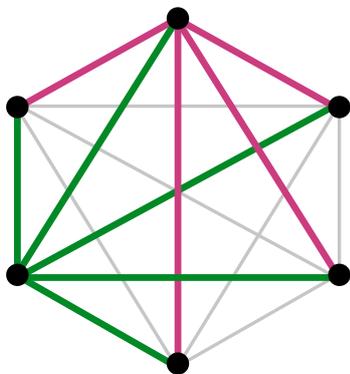
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Fun times in the sunshine! * Pen and paper games

Sim

- Draw six dots in a hexagon.
- Two players take turns drawing line segments between each dot in their own colour pen.
- The object of the game is to avoid drawing a triangle in your colour pen.



Pictionary

- Players secretly write down common phrases/objects on pieces of paper and fold them up.
- The first chosen artist randomly picks a phrase then must draw and get the others to guess the phrase without talking or drawing letters or symbols.
- Once guessed correctly, a new artist is picked. Variation: instead of common phrases, write books, characters/celebrities or films.

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Paper telephone

- Three or more people each begin with a piece of paper. At the top of the page, they all draw a picture and pass the paper to the next player.
- With this new piece of paper, each person writes a sentence below the picture then folds the top of the paper over so only the sentence can be seen. This piece of paper is then passed to the next player who will draw a picture to go along with the sentence.
- Each player again folds the paper, now so only the picture can be seen and passes it along.
- The game continues until there is no more room and every player can open up the paper and be amused.

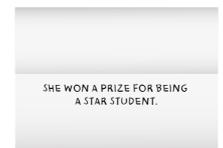
1. Draw a picture



2. Write a sentence



3. Fold over



4. Draw a picture



5. Continue the game until there is no more room.

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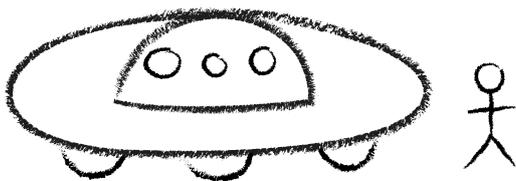
Fun times in the sunshine! * Pen and paper games

Spaceman

- A word is thought of by a player and the other players have to guess it. For each wrong letter a part of the picture is drawn.

E H
B A
R F
T K
S W
G C

Wrong guesses



S A C E A

Word Square

- Two or more players draw either a 4x4 or 5x5 grid.
- Then each player takes it in turns to name a letter. As each letter is called out, the players must write it into one of the cells in their grid immediately.
- Players can choose any letter they like and letters can be repeated.
- When the grid is full the players add up their scores, which are based on the amount of words they achieved.

C	A	R	D
O	U	I	O
A	B	P	T
T	O	S	S

Scoring for 4x4:

Count total of 4 letter words, vertically, horizontally and diagonally.

S	O	L	V	E
O	N	I	O	N
L	I	M	I	T
V	O	I	C	E
E	N	T	E	R

Scoring for 5x5:

5 letter word scores 10 points
4 letter word scores 5 points
3 letters word scores 4 points

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Names in the hat game

- Any number of players can play this game. Split into teams of equal sizes.
- Every player writes down on separate pieces of paper the names of four famous people, they could be famous actors, politicians, characters in books, sports stars, historical characters (you get the picture!).
- These names are then folded up and all put into a hat/box/bowl. The team going first chooses which of their team will pick first, that person then has one minute to see how many names from the hat their team members can correctly guess from their description, providing they don't say the name they can describe the person how they want. They are just describing to their team and the other team must keep quiet if they have guessed the answer. They keep going until their minute is up. The team will hold on to the names they have correctly guessed.
- Play then passes to the next team and their minute starts, play continues from team to team until all the names are used up.
- At this point add up how many names your team has correctly guessed and keep a log of each teams score. All the names then folded and returned to the hat and round two starts.
- Round two is played in exactly the same way but when describing the person only three words are allowed to be used (remember all the names will have been heard once already – so pay attention during the first round).
- Play continues again until all names have been guessed and once again the scores are added up and logged. Names are returned to the hat and round three begins.
- In round three you can only use ONE word to describe the person, pick your word carefully so that your team can guess. Continue from team to team until all the names are guessed and again keep a record of the scores. The names are then returned to the hat for the final round.
- In round four players have to act out the person that they pick out of the hat.
- As before play continues until all the names are guessed. All teams add their correct guesses to their scores from the previous rounds and the winning team are those with the highest score.

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