

Top Tips

Outdoor Games



Looking for ideas for activities to do outside? Do you want something that's fun and active? Do you want to make the most of the summer weather? The games suggestions on this sheet will help you to do so. Whether you are at the park, in a field, or any place there is a lot of space, these games can be enjoyed with all your friends and family.

Hide and Seek

This is a classic game that never gets old. Choose one person to be 'it' or the 'seeker'. That person must count to a given number whilst all the other players go and hide. The seeker then has to find all the people that are hidden. The last one found is the winner and gets to be the next seeker.

Frozen Tag

This is a twist on the original tag game that is best played with lots of people. Choose who is going to be 'it' or the chaser. The chaser has to run around the group and tag people (there could be more than one chaser if you have lots of people). Once tagged, a player must freeze with their arms held up at the side and with their legs apart. That person cannot move until another player crawls through their legs to free them. The chasers have to try and freeze everyone before the game is finished. You could do this to a set time and change the chasers each time.

Frisbee Golf

Set up some targets - these could be trees, lamp-posts, gates etc - and decide on a starting point for each target. Take it in turns to throw the frisbee to each target. Keep score of how many throws it takes you to reach each target with the frisbee and add these up as you go through the game. The person with the lowest score at the end of the game is the winner.

No Hands Race

This race will have you in stitches as you watch players try to get up from the floor without using their hands. To begin, choose a starting point and a turning point for the race. Two players race against each other to the turning point. At that point, the players have to lie down on their backs, fold their arms across their chests and get up without using their hands. They must then run back to the finish line. The first one back is the winner.

Target Throw

A great way to help develop your throwing skills. For this game you will need some hula hoops (or three objects you could use as targets) and beanbags, pebbles or small stones to throw. Create a starting point and place the targets at different distances away from the starting point - the first should be very close, the second further out and the last target the furthest away. Assign a score to each target i.e. the easiest target is 1, then 2, then 3. Each player has the same number of throws. Take it in turns to throw the beanbags and see if you can get them in the targets. Add up your score. After several goes, the player with the highest score is the winner.

This can also be played as a team game. Make two sets of targets and each team lines up by their targets. They take it in turns at throwing the beanbags and then adding up the scores. Set a time limit and the team with the most points at the end is the winner.

Banana Relay

If you have a banana or two in your picnic basket, they make great batons for a relay race. In fact, it doesn't have to be a banana, any fruit or item you have with you could work. Mark the start and finish line with skipping ropes or a T-shirt or jacket. Split your group into two teams (if there is an odd number, one player must run twice on the team with the least players). Split each team in half at either end of the relay race. Begin the race, ensuring that the banana gets passed to the next person before they begin their leg of the race and be careful... Don't squeeze the banana baton too hard!

Discuss Throw

What should you do with any leftover paper plates from your picnic? Use them for discus throwing of course! Choose a starting point and each person takes it in turn to throw their discus. The person who throws their discus the furthest is the winner.

Egg and Spoon Race

Why not add some boiled eggs to your picnic on your day out? These can then be used in an egg and spoon race. Each player has a spoon and a boiled egg. The aim is to get your egg to the finish line before the other players. If you drop your egg, you have to pick it up and then start the race again at the point where you dropped your egg.

Time Bomb!

All you need for this game is a ball - it can be large or small - such as a tennis ball, a soft ball or even a basketball. Everyone in the game stands in a circle. Throw the bomb (the ball) around the circle. The bomb isn't activated until someone touches it. When someone drops the bomb, it starts a countdown to the explosion (either 10 or 20 seconds). Continue to pass the ball around the circle whilst counting down. Whoever has the ball when the countdown gets to zero is out.

Aeroplane Races

Make a paper aeroplane (there are instructions in the days out pack) and decorate it. With everyone starting at the same point, throw the paper aeroplanes to see whose can travel the furthest.

