GOLDEN CHILD

The one where…

One team has to run around the edge of a space to score points while the other tries to stop them by throwing a ball into a bucket.

This is a physical game that uses speed, skill, agility, and teamwork. It's best played by large sized groups.

Time: About two to four minutes.
Equipment:
- A ball
- A bucket
- Masking tape (optional)

No. of players: 10+
Age group: 5+
Physical effort: 4/5
Mental effort: 1/5
Difficulty: 3/5
This game is good for:
- Speed
- Skill
- Agility
- Teamwork
- Improving reaction times

Set up

The group is divided into two equal teams. One team are the runners, the other are the throwers. The running team needs a circuit, which may simply be the perimeter of the playing area or one marked out by an arrangement of chairs, cones etc. The throwing team, situated in a way so as not to impede the path of the runners, need a bucket to throw the ball in. The bucket should be placed a reasonable distance from the throwers (not too easy and not too hard) and a line marked on the floor with tape that the players must stand behind when taking their shots. The two teams line up in single file, the runners at the beginning of the circuit, the throwers behind the line marked on the floor, with the first player ready to throw the ball. The last player in the team of runners is the Golden Child; it is up to the team to decide who they want their Golden Child to be (probably the fastest member of their team).

Playing the game

When the facilitator signals the start of the game (with a whistle or by saying 'go!'), the first runner sets off and the first thrower takes their shot. If the thrower misses, the ball is passed to the next player, who takes their shot and so on. If one of the throwers gets the ball in the bucket, the facilitator must say 'stop!' and the runner must freeze where they are. If none of the throwers gets the ball in the bucket by the time the runner completes the circuit, the runner scores one point for their team and the next runner sets off. When all of the runners have gone, it is the turn of the Golden Child, who can unfreeze any players who did not score a point by tagging them as he/she runs passed. The game keeps going until either the throwers stop the Golden Child by getting the ball in the bucket, or the Golden Child and all of the unfrozen players complete the circuit, each one scoring a point for their team. The points are counted, then the teams swap over.

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