

## Smiley Christmas Games

On the first day of Christmas my trainer said to me  
To stretch up high as can be



On the second day of Christmas my trainer said to me  
Do two deep squats



On the third day of Christmas my trainer said to do  
Three toe touches



On the fourth day of Christmas my trainer said to do  
Four giant lunges



On the fifth day of Christmas my trainer said to do  
Five jumping jacks



On the third day of Christmas my trainer said to do  
Six knee lifts



On the seventh day of Christmas my trainer said to do  
Seven Scissor kicks



***If time allows....***

**Each teams then decide what to do for 8, 9, 10 and 11 and demo it for rest.**

**Finally....** On the 12<sup>th</sup> day of Christmas my trainer said to do (one of)

- 12 toe lifts
- 12 sideways lunges
- 12 sideways stretches
- 12 seconds of planking (if dry!)

## Christmas Games

**Team selection:** Runners select one of (4) coloured balloons, blow it up and attach it to their clothes/wrist. The colour of the balloon is their team . Need right number of balloons and string/tape.

**Course:** Marked course/bollards

**Timings:** need whistle and stopwatch

Game	What to do	Equipment
Bingo! (individual or could do to last 4 and give team points)	Each runner has a piece of paper and writes (4?) numbers on between 1 and 24. No number twice. (could swap paper at this stage) They run around a given course and every minute a number is called. Runners cross number off card and are "out" when they have all numbers crossed off Winner is the final person left (or final 4?)	Felt tip each Paper each Whistle Numbered balls/raffle tickets
Lots of legs race (team)	The front runner throws the die and whatever number it lands on is the number of people who must tie their legs together to run. At the end of the course is a bucket of balls, they "run" to the bucket and collect a ball The winning team is the first team to collect (6/) balls All runners must run in turn then join back of line	Elastics – up to 6 per team. Bucket to collect balls Box of balls
Collect the balls (team)	1 <sup>st</sup> runner collects one ball 2 <sup>nd</sup> runner has to hold that ball and collect a 2 <sup>nd</sup> ball 3 <sup>rd</sup> runner has to hold the 2 balls and collect a 3 <sup>rd</sup> ball Etc. They can use a paper plate (or two) but NOT shirts or clothing!	Paper plates Polystyrene balls
Egg and spoon (team)	Pick a ball. Run round bollard Pass onto next runner	Polystyrene Balls Spoons
Turn the cup (team)	Lots of marked bowls are placed around the area. Runners in team A have to turn them face up Runners in team B have to turn them face down 5 minutes – then count Team A v B, then team C v D	Bowls
Throw the parcel (individual)	Runners run randomly. Parcel is thrown and runners race for it and take off one layer	Parcel Prize
Blindfold (team)	Team can shout instructions from behind line but not name Blindfolded runner goes round bollard and collects ball First team with (6?) balls No one goes more than one time.	Blindfolds Box of balls Bucket per team
Skipping knockout (individual)	Skipping race between 2. Winner goes through to next round etc	Skipping ropes
Balloon race (team)	Everyone takes off their balloons 1 <sup>st</sup> runner runs round bollard with balloon between legs 2 <sup>nd</sup> runner puts balloon between them and 1 <sup>st</sup> runner and NO HANDS runs round bollard 3 <sup>rd</sup> runner puts balloon between them and 2 <sup>nd</sup> runner and NO HANDS the 3 run round bollard Continue until everyone is in the line of runner/balloon/runner/balloon Winning team is first to have everyone in line and get back to start If teams aren't even, then smaller teams have to run last leg twice!	Balloons untied

### **Prizes:**

Winning team – froggy chocolate bars

Throw the parcel – gloves

Skipping knockout - gloves