

# POWERBLAST!

LARGE GROUP GAMES THAT ARE FUN FOR EVERYONE!!





# POWERBLAST YOUR SCHOOL!

**PowerBlast is an action-packed 1-2 hour session designed to build teams, ensure success, and fill your gym with energy!** Points are rewarded to motivate and encourage participation. The session is designed to make sure everyone takes part and contributes to the overall success of their team and the event.

PowerBlast is designed to be a session that includes 6-10 activities and participants of all ages. Points are awarded to teams based on participation, teams support, leadership, PowerBlast spirit, and the success of each activity.



This resource was compiled by Shelly Panko-Schultz and Kathleen Cornthwaite for

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# How to set up teams:

- ✓ Divide participants into 4 equal teams (age and number--about 10-20 per team).
- ✓ Assign each team a colour (Yellow, Blue, Green and Purple).
- ✓ Get each team to come up with a team name. (Bears, wolves, eagles, foxes).
- ✓ Have each team develop a cheer that may include their team colour and/or name. This will be important for scoring points!
- ✓ BUILD EXCITEMENT FOR THE BIG PowerBlast EVENT!!

*Cheer Example: "We are Eagles, the mighty, mighty Eagles! We'll soar, we'll score! And we'll leave you wanting more!"*

## PLANNING A POWERBLAST WEEK

**WHERE** should you play these games?

**Outside** if possible—Some of the games will work very well in any setting, others you may need to get creative. For example, in the winter instead of using BIG jeans for the Pants pull, you can use a sled in the snow instead. If you are at the beach, you might want to do a relay where you start on the sand, run into shallow water to complete a challenge, then run back to your team. Use your imagination and whatever equipment you have! If you are playing the game outside, be sure to carefully scan the game area for any HAZARDS.

**WHEN** should you plan each part of a PowerBlast?

A POWERBLAST WEEK SHOULD LOOK SOMETHING LIKE THIS:

Monday	Tuesday	Wednesday	Thursday	Friday
Assign colours Make team t-shirts	Make team cheer Banner	Advertise event!	Display PRIZES to be won!	PowerBLAST Event Day!!

# HOW TO SET UP A POWERBLAST EVENT

## GYM SETUP

Have each team hang their team banner in each corner of the gym. This will become the team's Home Corner. Your event can happen inside the gym or outside. A PowerBlast can be designed as a special event. Each day builds on the activities leading up to the PowerBlast day!

## POWERBLAST MASTER

If you are organizing the event, you are likely the PowerBlast Master! If this becomes a monthly Friday-afternoon event at your school, you might rotate PowerBlast Masters every month. ***THE IMPORTANT THING is that the PowerBlast Master is TONS OF FUN!!*** Your energy sets the tone for the ENTIRE EVENT! Have some fun, crack some jokes, speak in a LOUD and ENTHUSIASTIC voice! Cheer kids on!

## HELPERS

Each team can assign a Scorekeeper who will be responsible to report any scores/tally counts to the PowerBlast Master. This could be a teacher, but it is best to give the responsibility to a student.

## STARTING EACH ACTIVITY

Demonstrate the activity to the students before saying "GO!" so each participant knows how to do the activity. You can choose volunteers from the crowd to show the group clearly what they are to do.

## ENDING EACH ACTIVITY

Give one minute warnings on the timed games so that kids know how long they have to go. When time is up, blow a whistle or air horn.

The PowerBlast Master announces that kids must submit their scores. One team at a time, one student from that team comes and submits their team score (this works on the NON-TIMED games, for example Flag Pull).



# CHOOSING ACTIVITIES AND PREPARING FOR A POWERBLAST EVENT

Before the event there is quite a bit of preparation involved.

- **Choose** and inform your Helpers about how the event will work
- **Plan** which activities you will run during the PowerBlast event. If you do this once a month, make sure there are some old games and some new games each time. ALWAYS PLAN MORE ACTIVITIES THAN LESS IN CASE ACTIVITIES MOVE ALONG FASTER THAN WHAT YOU PLANNED!
- **Prepare** equipment for activities. Make sure you have all the equipment you need for the activities you want to run. Will you need to cut flags for the flag game? Will you need to inflate tractor tires?
- **Advertise**—Choose a few kids to make announcements on the school PA system to tell the school how excited they are for the event! On the Wednesday, get the kids to make posters that they can hang in the community.

**POWER TIP:** Have each team present their cheer at least three times throughout the event. This is used as a “FILLER” and an opportunity for the teams to take a QUICK (3 minute) break.



# SCORING POINTS:

Points are awarded based on team spirit, team cheer, participation, encouragement, and winning. AWARD BIG POINTS—this helps build the hype for kids!!

**500 points for best team cheer**—More points are given for cheering than winning!

**2000 points for best team spirit**—VERY IMPORTANT! It's about having tons of fun!

**500 points for winning one activity**—Keep track on activity score sheets!

**IMPORTANT TO NOTE:** Award points for each activity. Keep the total points secret to till the end of the event to ensure that the scores are fairly even.

SAMPLE FINAL SCORES:

1<sup>st</sup> Bears: 50, 000pts

2<sup>nd</sup> Wolves: 49, 000pts

3<sup>rd</sup> Eagles: 48, 500pts

4<sup>th</sup> Foxes: 48, 425pts

**POWER TIP:** Even if the top scoring team wins by a landslide, as the PowerBlast Master you need to **EVEN OUT THE NUMBERS SO THEY ARE CLOSE!!** The winning team will still win and the 4<sup>th</sup> place team will keep their dignity!

Team #2	Team #3
10625	7222
Team #4	Team #1
6804	6800



# DIFFERENT WAYS TO PLAY

Here are some different ideas to switch up your PowerBlast routine based on a shorter time period or a special theme day!

## POWERBLAST GAMES AS SHORTER “ONE-TIME” EVENTS

These games are designed for large group events. A FANTASTIC program will run for 1.5-2 hours but the games can be modified or activities borrowed for almost any amount of time.

**You can take PowerBlast activities and make them part of a “one-time” event. Some community large group opportunities may include:**

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Treaty Days/Canada Day

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Family/Youth Conference

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Community Dance

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Spring/Summer/Fall/Winter Festival

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Hockey/Volleyball/Sports Game at half-time

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**POWER TIP:** For LARGE CROWD events, if your community has two tires, pick 18 people from the crowd. Those two teams compete on the field/ice against each other.

## HOLIDAY-THEMED Blasts:

**Halloween**—Do the Egg Relay but instead transport “ZOMBIE BRAINS” across the gym/field without using hands (make ‘zombie brains’ using spaghetti noodles and red food colouring or ketchup) Or try Bobbing for Sardines in ice water! YUCK!

**Christmas**—Do the Box Run with “GIFT boxes” and wrap the sides of the box in wrapping paper. Make sure you have extras on hand in case the boxes rip.

**Easter**—Do the Egg Relay with painted eggs. Or try using crepe paper and tape instead of toilet paper and do an “Egg Wrap” --teams can be awarded points for creativity.



# ***CHECKLIST FOR AWESOMENESS!***

- ✓ **AN EXCITED POWER BLAST MASTER:** The PowerBlast Master sets the tone. If you are full of energy the participants will be too.
- ✓ **Music:**--All of the music is upbeat, current songs, CLEAN LYRICS. The music runs while the kids are getting organized and while activities are played.
- ✓ **PRIZES:** Offer a prize at the end. For example, EVERYONE gets a freezie at the end and the winning team gets to pick their freezies first.
- ✓ **Team Swag:** Make facepaint available for teams to paint their faces. Teams should wear their colours. Teams should make banners.
- ✓ **Participation:** Involve everyone—i.e. everyone must carry the egg at least once. Every person on the team needs to participate in every event.
- ✓ **Stopwatch** Activities are timed and the PowerBlast Master needs to judge how long each activity should take. Some activities may take 5 minutes, some may take more or less. The important thing is that each kid gets to take part in the activity.



# GAME PLANS

**POWER TIP:** Photocopy these game plans for your event and you can put them on a clipboard to keep track of scores! There is a blank template at the back so you can add your own games!

# THREAD THE TIRE

## EQUIPMENT NEEDED:

- 4 *HUGE Inner Tubes*



## Setup for the activity:

Each team is in their corner "House". Tractor tires are in the middle of the gym.

## DIRECTIONS:

The PowerBlast Master will ask for one Helper from each team. Each Helper needs to stand next to a tire and count each time a group of four passes the tire over their heads. The colour team that completes the most passes in the time period will win the activity.

Teams organize themselves into groups of four. One group at a time from each team will run to their designated tractor tire, lifting the tire above their all of their heads, and all four must pass through the center of the tire at the same time. Every person on the team has to do the activity at least once. Some youth may end up doing the activity several times.

## Score Chart

	Blue	Yellow	Green	Purple
Cheer				
Activity Win (Most passes)				



# PANTS PULL

## EQUIPMENT NEEDED:

- 4 Pairs of BIG JEANS (SIZE 20+)



## DIRECTIONS:

Each team is given a pair of BIG JEANS. Mark a circle in the middle of the gym with either the big tires, pylons, etc to create a race track to run around. Choose one participant to sit on the pants, and two other participants to drag that participant from their corner, around the circle, then back to their corner. When they get back to their house, switch the rider and runners. Everyone has to ride once and everyone has to pull at least once.

Remind everyone that they must run in the same direction, and to be cautious of oncoming pants. Have a Helper assigned to each team to count the number of loops completed by the team and to make sure everyone gets to go. It might be helpful to have a Traffic Director in the middle of the circle.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win				

# SURF THE LINE

## EQUIPMENT NEEDED:

- 4 Blue Gym Mats  
Or snow sled  
Or foam surfboard



## DIRECTIONS:

One person from each team is chosen to surf on top of the mat. The rest of the team lies in a straight line side-by-side, alternating directions. The person on the mat is passed down the team line. Once the surfer fully passes by a student, they stand up, run to the end of the line, and wait to pass the surfer again. This repeats until the surfer reaches the other side of the gym. The first surfer to cross the designated line on the other side of the gym WINS!

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win				



# HOOLA HOOP CHAIN

## EQUIPMENT NEEDED:

- 4 Hoola Hoops



## DIRECTIONS:

Each team selects one person to hold a hoola hoop. Teams line up at one end of the gym. The person holding the hoola hoop goes to the other end of the gym directly across from their team. The first person runs down to the hoola hoop, crawls through the hoola hoop, runs back and PICKS UP ANOTHER MEMBER OF THE TEAM. Now TWO run across the gym HOLDING HANDS and move through the hoola hoop together. They run back and pick up the next person. They repeat this until each team member is attached to the chain and has moved through the hoola hoop. The team that finishes first wins the activity.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win				



# MUMMY WRAP

## EQUIPMENT NEEDED:

- 4 Rolls of Toilet Paper x 4 teams



## DIRECTIONS:

Every team picks one participant BEFORE THE GAME IS EXPLAINED. Give each team four rolls of toilet paper. Everyone must start at the same time. Without using any other materials other than toilet paper, the team must wrap up their willing participant to become a MUMMY. The team will have a time limit to complete the challenge—it is a good idea to watch the teams that are getting close to finished, then set a 2 minute and 1 minute warning. The PowerBlast Master will award points for the best mummy wrap.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win (Best Wrap)				

# SPINNING TIRES

## EQUIPMENT NEEDED:

- 4 Tractor tire inner tubes



## DIRECTIONS:

The team is divided in half. Half is at one end of the gym, the other half is at the other end of the gym. Each team picks a Helper to keep score. The team needs to roll the tire from one end of the gym to the other, then pass it off to a team member who is waiting on the other side. That team member picks up the tire and rolls it back. Everyone on the team must roll the tire at least once. Watch out for stray tires!

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win				

# BALLOON STOMP



## EQUIPMENT NEEDED:

- 4 colours of balloons, enough for all team members
- String for each team, pre-cut about a meter long

## DIRECTIONS:

All team members blow up their balloon and attach to the OUTSIDE of their leg (INSIDE is cheating). When the BlastMaster says "GO", kids must stomp on the other teams' balloons to break them. They are also watching out for their team members to help them protect their balloons.

The team with the last remaining balloon wins. Once the balloon has been popped, kids must go back to their team House and cheer for their colour. As the number of participants DECREASES, reduce the amount of space the participants have to play in.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win (Last balloon in)				



# CATCH THE FLAG



## EQUIPMENT NEEDED:

- Strips of fabric in team colours ("FLAGS"), enough for 1 flag per participant.

## DIRECTIONS:

Each team member is given one flag. They must tuck the flag into the back of their pants. Most of the flag needs to be hanging out, no tucking it in short.

Participants must take their opponents flags. Captured flags must be returned to the home corner and make separate piles based on colour. Team members \*that still have a flag\* can try to storm the House and steal their flags back. Once your flag is stolen, you sit down in your corner away from the flag piles, and cheer for your team.

The game is over when all the flags have been taken OR once the BlastMaster calls GAME OVER. If the game is going to long, give the kids a 1minute warning. Team counts the number of flags in their pile. The team with the most flags in their corner wins.

This activity can be played in two rounds.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win Round 1				
Activity Win Round 2				

# CLOTHESPIN SNAG

## EQUIPMENT NEEDED:

- *LOTS OF CLOTHESPINS—Enough for 3 each x total number of students*



## DIRECTIONS:

Each team member is given three clothespins. They must attach the clothespins onto the back of their shirt. Announce to the group that any rough play will result in automatic OUT. Participants must take their opponents clothespins while protecting their own. Team members can be strategic and help guard each other's backs. The game is played as a "free-for-all" where all team members are playing at once. As you are able to collect a clothespin from another shirt, you quickly clip it on your own shirt.

Team members have lost all their clothespins sit in their team House corner and cheer for their team. The game is over when the PowerBlast Master calls GAME OVER. You may choose to call Game Over when there are 10 or less players left. The player with the most clothespins gets points for their team. You may also score points to the top 3 players.

This activity can be played in TWO ROUNDS, with points being awarded on each round.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win Round 1				
Activity Win Round 2				

# EGG RELAY

## EQUIPMENT NEEDED:

- One dozen eggs per team.
- If Outside use raw eggs, inside cooked
- 2 spoons per team



## DIRECTIONS:

Each team is split in half across the gym/field. Team members hold the spoon in their hand and the egg must be transported on the spoon back and forth across the field, each time being passed off to the next team member. The team with the most eggs left uncracked at the end wins.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win Most eggs unbroken				



# BOX RUN

## EQUIPMENT NEEDED:

- *Two boxes per team and extras in case boxes break (about the size of paper boxes)*



## DIRECTIONS:

Each team is split in half across the gym/field. One team member places a box on each foot and has to run across the gym to “deliver” the boxes to the next team member. That team member runs back across the gym, and so on, until every team member has gone. If there are uneven team numbers, set a number (such as 20) of people that have to run with the boxes, then have a Helper or two keep count.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win Round 1				
Activity Win Round 2				

# PANTS PAIRS

## EQUIPMENT NEEDED:

- 4 Pairs of BIG JEANS (SIZE 20+)



## DIRECTIONS:

Each team is given a pair of BIG JEANS. Teams are split in half across a gym and students are lined up in pairs. This is played like a three-legged race, except instead of tying ankles together, the pairs must each have their INSIDE LEG in one leg of the jeans, then work together to travel across the gym and hand the jeans off to the next pair.

Have a Helper count how many times the pants cross the gym.

## POINT SCORING:

	Blue	Yellow	Green	Purple
Cheer				
Activity Win				

**MASTER TALLY CHART—add up total points here!**

[illegible]



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*OUR SCHOOL'S FAVOURITE GAME!*

**EQUIPMENT NEEDED:**

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- 
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**DIRECTIONS:**

**POINT SCORING:**

	Blue	Yellow	Green	Purple
Cheer				
Activity Win Round 1				
Activity Win Round 2				