

Red versus Blue

Red versus Blue requires participants to be split into two even teams red and blue. They will battle through a number of challenges / activities. Who will be crowned champions red or blue?

# Preparation

This activity will require quite a bit of preparation (dependent on choice of challenges / activities).

# Equipment Required

The equipment required will depend on your chosen activities. See below for list of activities and equipment required for each.

# Staff

* Staff will be required to run a number of challenges / activities and float around ensuring all students are encouraging team members and behaving whilst challenges are taking place.

# Splitting the Students into Groups

As the students arrive hand them a coloured card / sticker (red or blue) and send them to the corresponding area.
Once all the students are in, explain to them that this is their group for the evening.

# Running the Activity

The number of challenges / activities will depend on length of evening activity (normally 2 hours) and how quick the challenges / activities are completed.

# Challenges /Activities:

These are just examples of activities / challenges. You may use these for your evening or use your imagination & create new activities.

## 1 – Musical Chairs You will need: Chairs and Music

Dependent upon room size / chairs available you can either get all students involved or if not able due to room size / available chairs get as many people as possible involved. Winning team = last person standing. This challenge / activity can be repeated a number of times. (Help drag time out)

## 2 – Balloon Popping You will need: balloons (blown up)

Each team will need to nominate five participants. Each team will be given a 50 balloons in which they will be required to pop. They cannot use their hands or feet. UKLC staff will time each team. Winning team = the team who pops all 50 balloons in the quickest time.

## 3 – Musical BumpsYou will need: Music

Dependent upon room size you can get all students involved. Student must dance to the music. When the music is paused they must sit on their bum on floor. Last person to sit down = out. Winning team = last Person standing. This challenge / activity can be repeated a number of times. (Help to drag time out)

## 4 – Mummy Wrap You will need: Toilet Rolls

Each team will nominate a number of students (you choose nominated numbers- dependent upon materials). Each team will be given a set time to mummy wrap as many team mates as they can successfully. Winning team = the team who mummy wraps the most people successfully.

## 5 – Limbo You will need: metre stick & limbo music

All students can participate in the Limbo. Usual rules apply. Start easy and make it harder and harder. You can split it so all the boys’ battle out then the girls. Winning team = Last person standing for girls & boys

## 6 – Egg ChallengeYou will need: Eggs (not hard boiled) boxes of materials (see egg challenge session plan)

You will need to undertake some preparation for this this activity. This can only be used if it is not being used as a session on its own. Please see Evening Activities Session Plan for Egg Challenge.

## 7 – Balloon PassingYou will need: Balloons

All students can participate in this challenge / activity dependent upon size of room / area. You will need two balloons (one per team). You may want to keep a couple spare in case they pop. Each team will need to form a single file line. The balloon will start at the front of the line in between the student’s legs they must turn around with the ball in between their legs and pass it to their team mate’s legs without using their hands. Once they have passed the balloon they run to the back of the line and this is repeated until the person who started the activity is at the beginning of the line.

\*These are just a few examples use your imagination to create challenges / activities for the evening\*