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Ships and Sailors

Brief Description

Students will work to break the ice by participating in a “Simon Says”-type activity, collaborating on many of the different activities.

Purpose

To orient students to one another through a fun icebreaker activity.

Outline

Tell all participants to stand in the middle of the room facing the leader who is in the front of the room. Explain that all participants are sailors and they are all on a ship.

Assign one person to be the "Captain." The role of the Captain is call out the actions and dismiss the players who don't do the actions quick enough or who break from character. Once the captain calls an action, each player has 3-4 seconds to start performing the action. If they don't find a group fast enough or perform the right action, they are out of the game.

The Captain will give a series of orders. Any sailor who cannot complete the order correctly in a timely manner is out and must sit down on the side.

The orders and their explanations are as follows:

1. **Ships:** All must run to their right.
2. **Sailors:** All must run to their left.
3. **Hit the Deck:** All must quickly lie on their stomach.
4. **Captain's Coming!:** Everyone stands at "attention" (in a salute), and they can't move from this position until the caller says, "At Ease!" If they laugh or break from the attention, they are dismissed.
5. **Three Men Eating:** Sailors are to form groups of three and sit down in a circle. Next they are to cup as if to hold a plate and scoop with the other hand quickly as if to feed themselves.
6. **Four Men Rowing:** Sailors are to form groups of three and sit down in a circle. Next they are to cup as if to hold a plate and scoop with the outer hand quickly as if you feed themselves.

Other orders:

1. **Man Overboard:** Sailors must find a partner. One person drops to one knee the other stands behind them, puts a hand on their shoulder. Both scan the ocean for the overboard man.
2. **Walk the Plank!:** Five people stand in a single file row hands on the shoulders of person in front of them.
3. **Go West:** All must run to their right.
4. **Go East:** All must run to their left.

Charades Words: Medium

ping pong	snowball	roof
fly	fang	bicycle
bear	cape	puppet
piano	lipstick	salute
hula hoop	penguin	banana peel
whisper	popsicle	Frankenstein
earthquake	yo-yo	road
rain	alarm clock	dog leash
chop	pajamas	slam dunk
fiddle	seashell	jog
seesaw	nap	cheerleader
blind	beg	shopping cart
Michael Jackson	limbo	newspaper
twist	rhinoceros	cow
tickle	fetch	violin
cage	cello	braid
skateboard	stairs	trumpet
mop	shovel	money
soap	saddle	wink
tree	Spider Man	think

Team Building Activities

Human knot/ Spagetti – send one student out of the room, form circle holding hands and then tangle. When the person comes back in, have them direct the group for how to get the group untangled.

Letters and Categories – pick a category and have each student come up with a word in the category that starts with A, then B, then C, etc.

- Animals
- Names of People
- Nature
- School
- Fun things
- Winter things

60 second fairy tales – challenge the group to retell a fairy tale in 60 seconds or less

- Rapunzel
- The Little Mermaid
- Hansel and Gretel
- Sleeping Beauty
- Little Red Riding Hood
- Snow White
- Cinderella
- The Ugly Duckling
- Tortoise and the Hare
- The Boy who Cried Wolf
- The Wizard of Oz

Machine

Treasure chest

Wink murderer

Energy ball

Yes – point to someone- they say “yes” first person starts to move to take the second person’s spot. But the second person must get someone else to say yes before first person gets to them

What are you doing? - partners or stand in a circle and continue to do actions until given another one, no repeats

Pictionary

Physical Education
Games for New Hope Ministries Mechanicsburg After School Program

Seeds of Success – Tuesday and Thursday

1. Swim Fishy, Swim (or Sharks and Minos)
2. Lobster Soup
3. Ships and Sailors
4. Mirror, Mirror
5. Ghosts in the Graveyard

Teens in Transition – Monday, Wednesday, and Friday

1. Ships and Sailors
2. Decathlon with scooters
3. Volleyball
4. Floor Hockey
5. Basketball