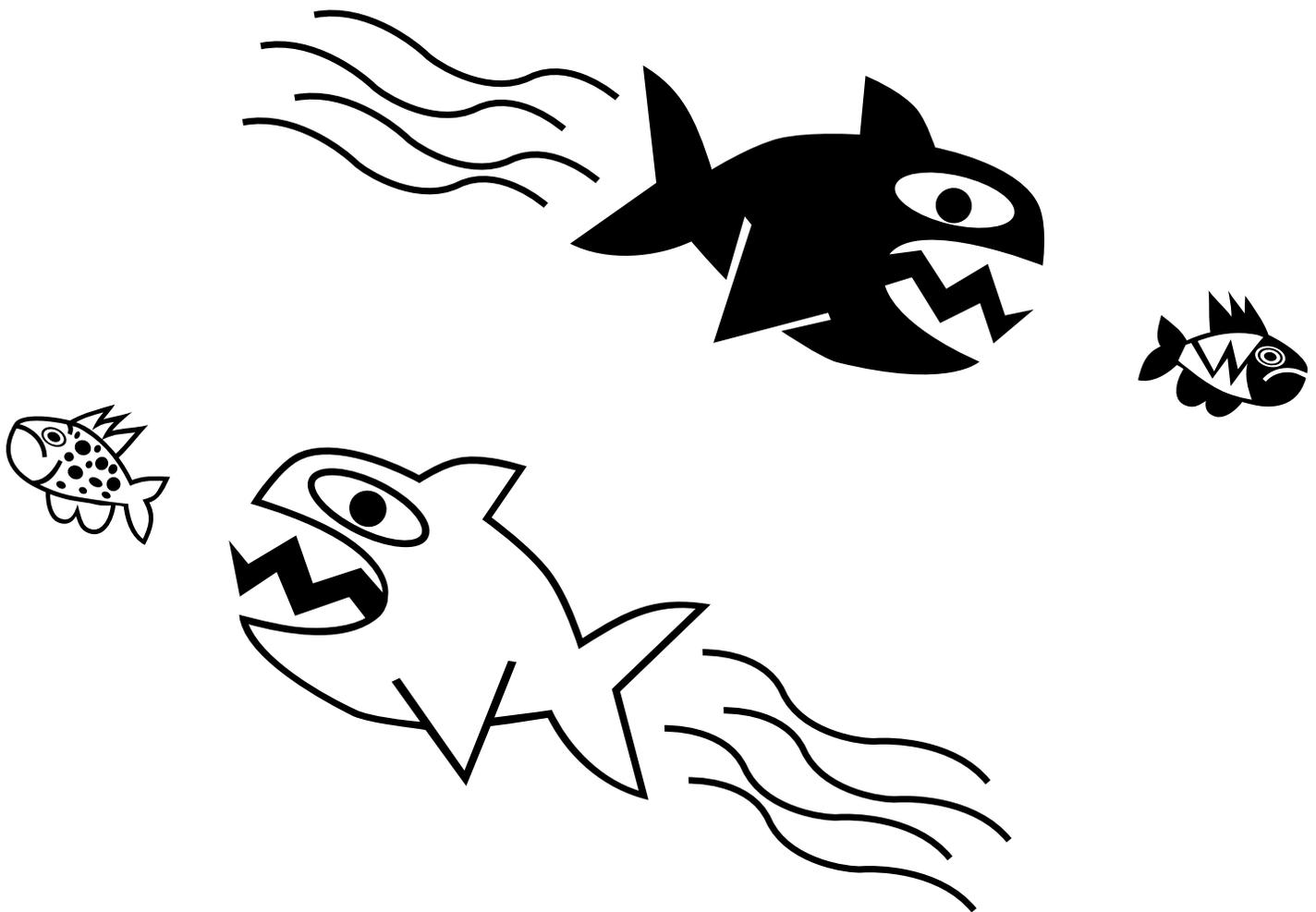


Game On!

Put fun into your instruction
using games and drills.



Presented by:

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Games and activities are an important part of your student's experience. Not only do they get to practice their skills without realizing, but they get to have a bit of fun as well! Remember games are not just for kids. Adults have a great time letting loose and being kids again.

We remember 20% of what we hear, 40% of what we watch, 60% of what we do and 80% of what we discover ourselves (ACA Instruction Manual 2005).

The Philosophy of games

Why do we use games? In paddling, games are used to:

1. Reinforce learned skills and facilitate growth (Knowledge, Emotion, Skills).
2. Relax or distract learners from the teaching environment, thereby allowing motor skills to become more unconscious and habitual.
3. Take the emphasis off perfection and place on effectiveness.
4. Have FUNN- a game can be an end in itself.

Why do games work?

Games provide a different social environment - a good game will allow the individual to choose their own level of participation. Done well games are a great source of fun and fair play.

Who learns the best from games?

Doers, Thinkers, Feelers or Watchers ?

What are the types of games? *Games can be finite, infinite, convergent or divergent.*

Finite games are usually win/lose affairs and emphasize competition.

Infinite games focus on cooperation and don't necessarily have a single end result.

Convergent games literally converge on one end result (win, complete the task, everyone is 'it').

Divergent games have endless possible outcomes, rarely involve winning or losing, and involve much more creativity.

The **GRABBS** model is one way for the instructor to decide on a particular game.

GOALS - How does the activity relate to the group and individual goals that have been set?

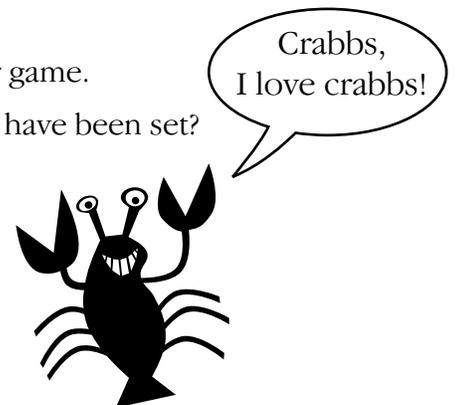
READINESS - What are the skill levels and safety capability of the group?

AFFECT - What is the feeling of the group? Level of empathy?

BEHAVIOUR - How are they acting? Are they resisting, agreeable?

BODY - What kind of physical shape are they in?

STAGE - Which developmental stage are they at?



"I'd rather be a Wizard in the Wings than a Sage on the Stage"

heard on NPR from a really smart educator

Once you have chosen an activity, the rules can be changed or modified to best suit your clinic. Some people need the overall goal of the game first, then the rules (*holistic thinkers*). Others like the rules laid out step by step (*sequential thinkers*). There are always a few who just don't get what's happening until they've played for a few minutes and SEEN the rules.

DDADA - Basic guidelines for facilitating games and activities used by the New Games Foundation
(from *Quicksilver* by Karl Rohnke and Steve Butler)

DESCRIBE - Present the rules of the activity (if there are any)

DEMONSTRATE - A brief demonstration will clarify the rules

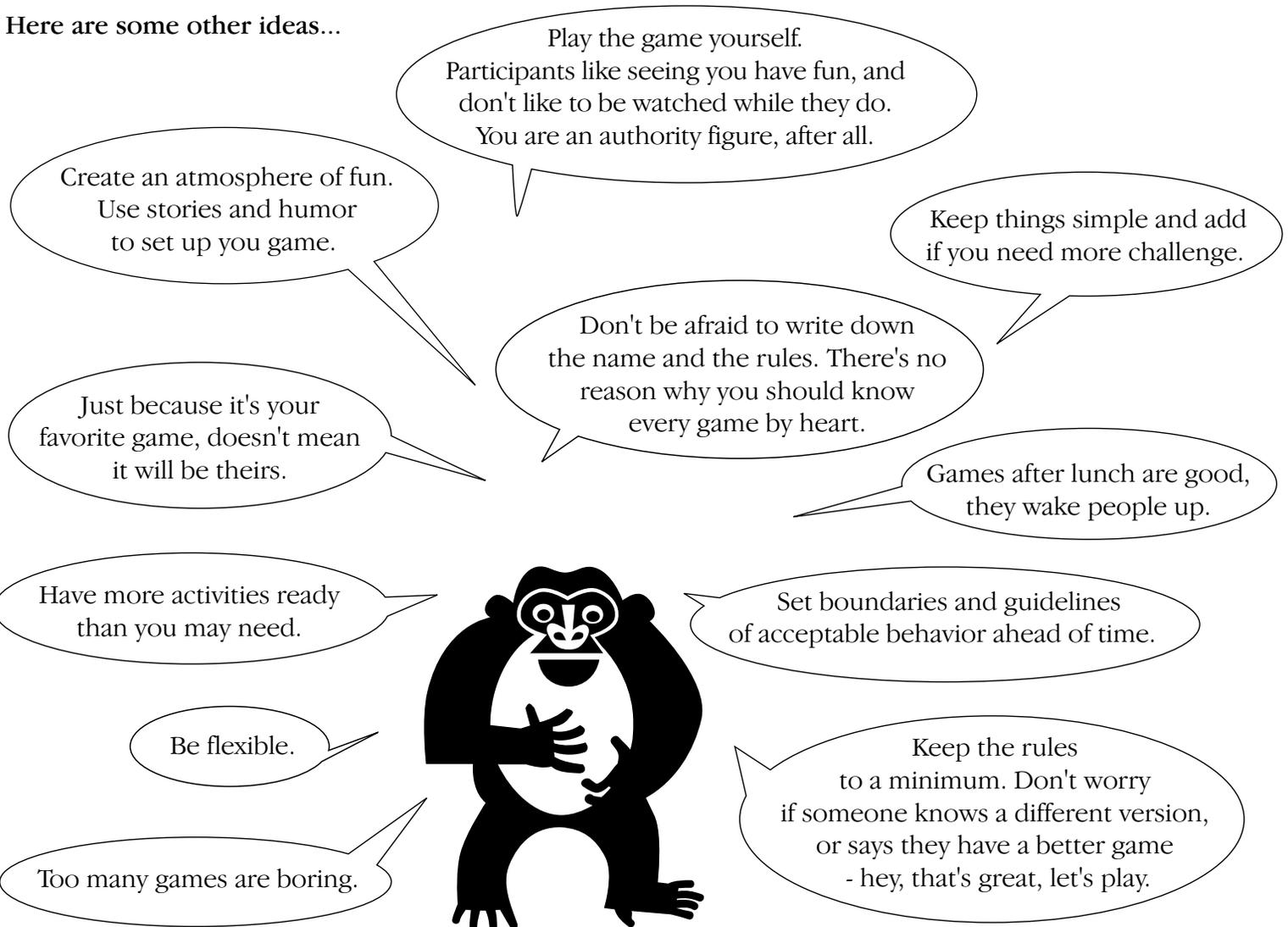
ASK QUESTIONS - Check to see if the participants need clarification

DO - Play it, Do it!

ADAPT - Monitor the activity and check to see if people are still engaged. You can continue, modify, change or end the activity.

Knowing when to stop can be tough. Too short and they're still getting the hang of it; too long and they get bored. If you're keeping an eye on the group as a whole, then you'll see when some of them begin to lose that sparkle in their eyes. Count to ten slowly then call a halt. Pretty soon you'll get a sense of how it's going.

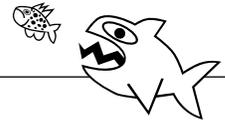
Here are some other ideas...





There are a number of game books on the market if you still need more ideas. Also if you have a favorite land game try to adapt it for water use. You never know what you can create. And don't forget to share if you come up with a new game or activity. I'm not sure where some of these games or drills originated so if I've forgotten to thank you or give you credit, my apologies.

Here are some of our favorites...



Sharks & Minnows



One person starts out as the shark, while everyone else is a minnow. The shark tries to tag the minnows and thus turn them into sharks. Sharks tag their bow to the minnow's stern. Make sure that students don't ram each other in the side. If someone flips over, they are off limits. The game continues until everyone is a shark. Make sure to preset the boundaries. Also people must answer honestly when asked if they are a shark or minnow.



Good & Evil

You can use the struggle between good vs. evil as a story line to set up the game. Half of the group starts out good, the other half evil. The good people try to tag the evil people to turn them good. The evil people try to tag the good people to turn them evil. The game continues until either everyone is either good or everyone is evil. People are tagged bow to stern like in Sharks & Minnows. No intentional flipping people over (even if you are evil), and once again, upside down people are off limits. Preset boundaries before the game starts and remind people that they must answer honestly if asked what they are, even if they are evil. Try and typecast your students since this game can provide opportunities for jokes throughout the clinic.

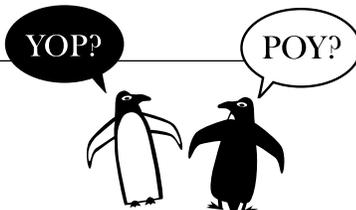
Octopus

This game was modified from the land version. The person that is "it" or the "octopus" stays in the middle of the playing area. Everyone else is a fishy. All the fishy's start at one end of the playing area. When the octopus says "little fishy, little fishy cross my ocean" every fishy must attempt to paddle to the other end of the playing area without being tagged by the octopus. The octopus can tag any part of the boat. Once tagged the fishy is transformed into a stinging sea anemone. They now must remain stationary but try to tag passers by and thus freeze them. The game continues until everyone is frozen.



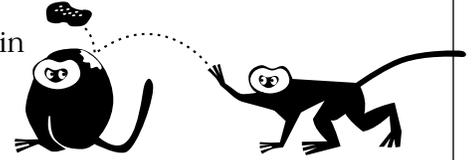
Yop/ Poy

One of our past instructors, Diana, enjoyed this slightly obnoxious Irish version of freeze tag. One person is 'it'. They try to tag everyone else (bow to stern). If you are tagged you are now frozen. This means that you must raise your paddle up in the air and say "POY, POY, POY, POY, POY" until someone un-tags you. You should set the rules for being untagged by either having someone tag your boat or 2 students must cross paddles over your paddle. The game continues until everyone is frozen. The reverse version of POY is YOP. In YOP, everything is done backwards. (Hint: the louder and stranger you yell YOP or POY, the more likely you will be noticed to be unfrozen)



Sponge Tag

This is simply freeze tag with a sponge. If you are "it" you will want to splat (hit) another with the sponge. If you are hit with the sponge you must remain frozen (still) until everyone is frozen. To make it more dynamic you can use more than one sponge. The face is off-limits to splat.



Ultimate Sponge or Spultimate Uonge



Is just a version of Ultimate Frisbee in kayaks, using a sponge instead of a Frisbee. It is best played with a large group. Split the group into teams, set the play area size to reflect the skill of your students and set goals. One side will start by "kicking off" or tossing the sponge toward the opposing team. The opposing team will try to move the sponge down the playing area to the goal by passing the sponge to each team member. If you are holding the sponge, you cannot paddle, only pass off to another member of your team. The other team may block with their paddle but try not to encourage bodily contact. Points are earned by getting the sponge in the goal.

Relay Races

Exactly what it says. Create any goal or movement that can be turned into a relay. The possibilities are endless.



that can be turned into a relay.

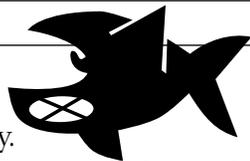
Everybody's it!



When the game starts everyone, at the same time, tries to tag anyone else, usually bow to stern. If you get tagged the first time you then can only use one blade to maneuver, the second time only your hands and the third time you are called a spinner and can only spin in place using your hands. If you get tagged the fourth time you must stay still and become an obstacle for the others still playing. If you are in canoes or other crafts, just determine the various levels of difficulty and have fun. This is a crazy chaotic fun game that can be intimidating for those who are not totally comfortable in their boats so read your audience well.

Duct Tape Tag

Each boat has a piece of duct tape on the bow and the stern of their boat. The goal of the game is to collect as much duct tap as you can while preventing others from stealing yours. Remember to set boundaries and determine how much chaos you are willing to handle.



Dead Fish Polo

This game is more like keep away.

One person who is "it" has the dead fish (okay you can use a plastic one). The "it" tries to tag or throw the fish on the boat while everyone else is trying to get away from the fish. If you are tagged then you become "it"



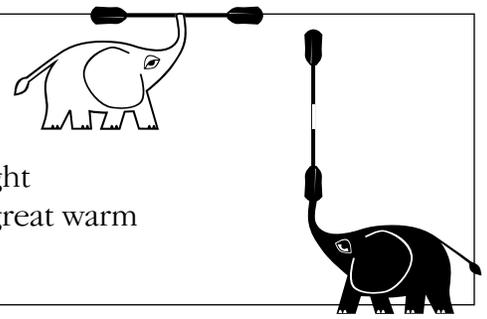
Assassin & Body Guard

This is a quiet game of chaos and boat control. Have everyone in the group look around and choose one person who is the assassin. Then have everyone choose a bodyguard.

Do not disclose who is your assassin and who is your bodyguard. The goal is to position your bodyguard between you and the assassin. This is organized chaos!

"Paddle Signal Says..."

This is like Simon Says with paddles and is generally played on land. One instructor stands in front of the group with a paddle, and holds up paddle signals. The group must then act out the signals- if the paddle is held straight up in the air (all clear, come ahead), the group jogs forward, etc. This is a great warm up game and works well in teaching students paddle signals.



Alaskan Baseball

On land, one team is "at bat", they toss the rubber chicken (or anything interesting), then gather in a circle and one person runs around the gathering. Each completed circle equals one run. The other team "fielding" chases the rubber chicken gets in a line facing the same way and then pass the chicken over the head of the first person and then between the legs of the next and repeating this down the line until you reach the end where you yell "stop". At the "stop" the team up at bats stops scoring runs. You then switch sides and continue playing until you are called in for supper or you need to do something else. For the water version modify the tasks to fit your boats and individuals. You can have the team at bat spin in circles for each run and the team that is fielding paddle to a specific goal. This is just one idea but I bet you can come up with more. Play ball!

Skills Drills

The Dance - used to sharpen paddle strokes

You can choose any dance style you want (Waltz, salsa, etc.) but start with a simple form first. Separate the group into pairs. The pairs should face each other to start the dance. The idea is the partners will mirror each other's actions. The box step dance starts when one person paddles forward, draws to the right, paddles backwards, and then draws to the left. The partner will do the opposite, paddle backwards, draw to the left, paddle forward and draw to the right. The partners will be making a square. You can change it up to another style, for example try salsa, which may include forward paddle, stern squirt, back paddle and stern squirt.

Geometry 101 - Designed to help with precision paddling and pivot turns.

Have your students paddle in a square making precise turns at each corner point. Once they can complete the square, change the shape to a triangle and then a line with 2 points.

Human Slalom - Used to practice switching edges and looking into the turn.

Have the students spread out in a long line. One student will start at one end and weave in and out of the other students. When they finished they become part of the line.

Back deck roll simulation - Used to understand body position

You can use this drill to help your students understand the body motion of the back deck roll. Hold onto someone's stern or bow. Roll your kayak over so your bow is away from your hands and your stern is close to your head, then roll-up.

Spin out - Used to get comfortable spinning in current

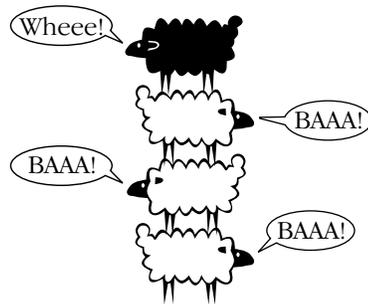
Sometimes we go forward and backwards down a river. Spin out helps people get comfortable spinning in moving current. As people cross the eddy line have them continue to spin in a circle 2 to 4 times before making their way back to the eddy.

"...never underestimate the power of play..."

- Sally Ride, Astronaut

Synchronize kayaking (*Zig and Zag*) - Used to practice switching edges.

You can set this up any way you would like. I like to say that I'm having try-outs for the Olympic synchronize kayak team. Start paddling in a circle on edge. On the command "Zig", sweep on the inside of your circle and switch the lean to the other direction. Continue paddling in this direction until you hear "Zag", then sweep on the inside of the circle and switch leans. If you can get people to do this in formation they will need to control their direction change to be in unison with others.



Just fun things to do

NASCAR - to help people relax and have fun.

One of our instructors from Georgia is a big NASCAR fan. Whenever he can get his students to sound like a fast car he'll try it. Imagine yourself like a race car accelerating across an eddy line instead of stalling. You can also have your student exhale as they cross the eddy line or yell "yahoo". The idea is to get people to smile and change their focus and attitude.

Stupid Kayak Tricks

The most well-known stupid kayak trick would be standing up in the boat. Feel free to make up a story to correspond with this game. Dan is famous for his tale about a tribe of kayak people who had to stand up in their boats to pick fruit off of trees. Just make sure that paddles are well away from the boats and that the water is deep enough. The challenge isn't always standing up, but rather sitting back down. Also fun to try is handstands in the boat or turning around.

Piano Keys

This game works well with larger boats or with kids. Everyone groups up into the standard formation of holding the sides of one another's boats. Students take turns popping their skirts and then running across each other's boats. The goal is to make it to the end of the line and then back to your boat with out falling in. The game continues until either everyone has accomplished his or her goal or everyone has sunk.

Random game of Chaos/ Bumper boats

Pretty much exactly what it sounds like. Anytime you are drifting down a flat-water stretch this game may be played. Students randomly select victims to run over. Traditionally bow to stern; this game can now be played in almost any fashion due to the nature of low volume boats. Make sure those students who wish to abstain are allowed to, and that students don't flip each other over or hit each other in the side.

"You can learn more about a person in an hour's worth of play than in a day of conversation"

-Plato



Many thanks and recognition to a great game player, Andrew Jillings, Director of Outdoor Leadership, Hamilton College.