

Game → Survival Islands

Objective

The goal of this game is to travel across tropical islands.

Set-Up

- Scatter brightly coloured hula hoops or polyspots around the activity space as “tropical islands”.
 - Blue hoops serve as the “high-tide zones”.
 - Yellow/red hoops acts as the “active lava zones”.
 - Green hoops are the “palm tree zones”.
- Participants begin on any island of their choosing.
- On your signal “High Tide!”, participants must quickly move away from the blue hoops before the tide rises, by shuffling to a palm tree or active lava.
- On your signal “Volcano Eruption!”, participants must immediately leave the lava zone and shuffle to a safe island (high-tide or palm tree).
- On your signal “Flamingo!”, participants must freeze into the flamingo pose.
- Participants must shuffle to a new hoop at every signal called.

Adaptations and Modifications

- Change the locomotion used to get around the islands (i.e. two-foot jump, galloping).
- Increase/decrease the number of islands.

Safety

- Ensure that the islands are spaced out safely.
- Remind participants to keep their heads up while moving around the activity space.

Diagram: Survival Islands



Equipment Hula hoops or polyspots