



GET ACTIVE

six
in
SIX
challenge

INTERNATIONAL TEAM GAMES

» The Challenge

To take part in the Juniors International Team Games – the closing date for submission by sections has been extended until 14 May 2021. If you don't wish to enter the actual competition the games can still be completed at Company level.

This year the Juniors International Team Games can be completed either as a BB Play at Home Competition or, if regulations permit, in the Face-to-Face Competition. The games may be practised over a number of weeks.

All the details and an explanation of the games are on the relevant sheets. Boys can practise the games as often as they like but must decide before an attempt that it will be this one that counts and the score recorded. A parent is asked to supervise and score the games. The games that are scored can either be done over a number of weeks or in one 'session'.

📷 Photographs

Parents should take a photo of the completed score sheets and send it to the Company eg by Whatsapp, email. Parents are also encouraged to take photos of boys taking part in the games.

» What you need

Details of the games and rules

Equipment for at home games:

- Masking tape/rope (or similar)
- 4 marker cones/bottles/tins/shoes
- Tennis ball
- Large spoon
- Egg (hard boiled) or a potato/small orange/small ball
- Bean bag (or make one from a small freezer bag filled with rice/ sand/lentils and sealed)
- Measuring tape
- Stopwatch/Timer

For Leaders

Details about submission of scores are given on the sheets. You will need to collate the scores and submit them on the online entry form. The scores of 6 boys are required for each entry. You may submit entries for more than one team but each boy must only be member of one team.



FACE-TO-FACE COMPETITION

INTRODUCTION FOR LEADERS

This annual international competition has become a popular event for many Juniors around the world. Minimal preparation and equipment is needed. Your Company can participate on its own in your meeting space or join with other neighbouring Companies.

These instructions are designed for taking part in the competition in a **Face-to-Face** setting. If your Company is currently unable to meet face-to-face we have developed a separate Play at Home version, in which Juniors can participate in games at home, supported by their parents/carers with scores being collated and submitted by a Company leader.

THE RULES

1. Each game must be witnessed by a judge. For 2020-2021 the judge may be a member of your Company.
2. Games may be practiced beforehand.
3. Results can only be accepted from one attempt of each game. The judge must be told beforehand which attempt will be the 'entry' one. After this the game should not be re-attempted.
4. A team is made up of six Junior/No. 1 members. The six may be changed for different games.
5. Multiple entries from Companies are permitted. Where multiple entries are submitted, teams should be marked A, B or C etc. (e.g. 1st Anytown B).
6. Where required, social distancing should be maintained and equipment sharing kept to a minimum.

SCORES - TEAM

Game 1 - Ball Catch	Points	_____
Game 2 - Hop Relay	Time taken (in seconds)	_____
Game 3 - Bean Bag Balance	Time taken (in seconds)	_____
Game 4 - Star Jump Relay	Points	_____
Game 5 - Egg and Spoon Relay	Time taken (in seconds)	_____
Game 6 - Crab Walk Relay	Time taken (in seconds)	_____

SUBMITTING YOUR SCORES

Please submit scores using the online form at <https://boys-brigade.org.uk/juniors-international-team-games>

Only scores submitted using this form will be accepted - please do not post or email this sheet. The score section above is for your reference only. **Scores must be submitted by 1st March 2021.**





GAME 1 - BALL CATCH

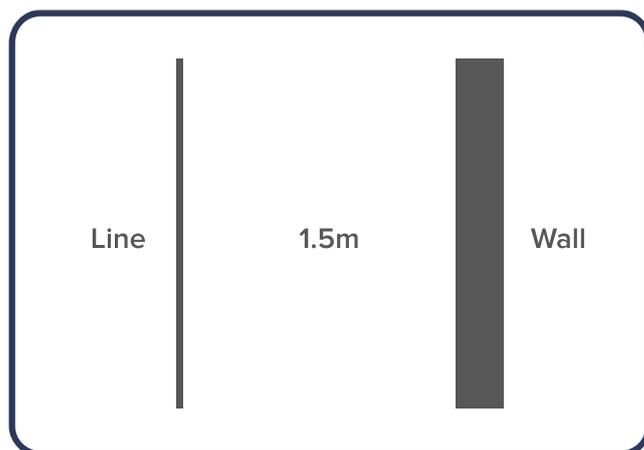
Equipment: Masking tape/chalk, 6 tennis balls (or balls of similar size), 6 cones/markers if required for social distancing

Setting Up: Mark a line 1.5 metres from a wall.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

The Game: Each participant in turn stands on the line and throws their ball against the wall, 3 times with the right hand and 3 times with the left hand trying to catch the ball each time with the same hand, without the ball bouncing on the floor. 1 point is scored for each successful catch. The participant must remain at or behind the line at all times.

Scoring: This is not a timed game. The total number of successful catches (maximum 36) is recorded.



GAME 2 - HOP RELAY

Equipment: Masking tape/chalk, 4 cones/markers (plus additional 6 if required for social distancing), stopwatch/timer

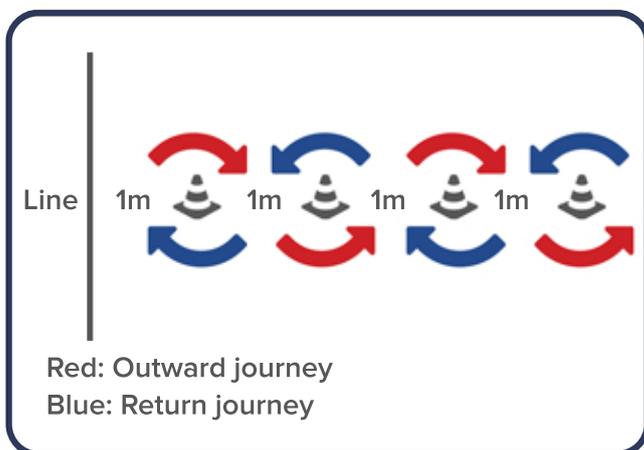
Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

The Game: Participants must start feet behind the start line and hop on one leg weaving in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

The game is finished when all participants have been and the entire team is sitting behind the start line.

Scoring: This is a timed game. The total time for all members to complete the game (in seconds) is recorded.





GAME 3 - BEAN BAG BALANCE

Equipment: Masking tape/chalk, 4 cones/markers (plus additional 6 if required for social distancing), 6 bean bags, stopwatch/timer

Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the line whilst waiting for their turn).

The Game: Participants must start feet behind the start line, place the bean bag on their head and weave in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

Participants must not touch the bean bag with their hands. If a participant drops the bean bag on the outward journey they must return to the start line and start again. If a participant drops the bean bag on the return journey they must recommence at the fourth marker.

The game is finished when all participants have been and the entire team is sitting behind the start line.

Scoring: This is a timed game. The total time for all members to complete the game (in seconds) is recorded.

GAME 4 - STAR JUMP RELAY

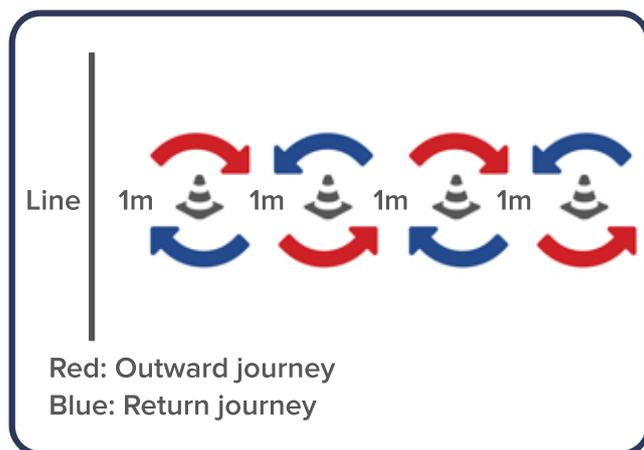
Equipment: 6 cones/markers if required for social distancing, stopwatch/timer

Setting Up: To help maintain social distancing where required use cones/markers to identify where participants should stand.

The Game: Number participants from 1 to 6. Participants must take it in turns to complete a set of 10 star jumps, one at a time, with the aim of completing as many star jumps in total as possible in 2 minutes.

When the time starts, participant 1 must complete 10 star jumps. When they have done this, participant 2 must then complete 10 star jumps, followed by participant 3 etc. When participant 6 has completed their 10 star jumps return to participant 1 and continue through the team for 2 minutes.

Scoring: The total number of star jumps completed in 2 minutes is recorded.





GAME 5 - EGG AND SPOON RELAY

Equipment: Masking tape/chalk, 6 spoons, 6 plastic/wooden eggs or similar sized balls, 6 cones/markers if required for social distancing, stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

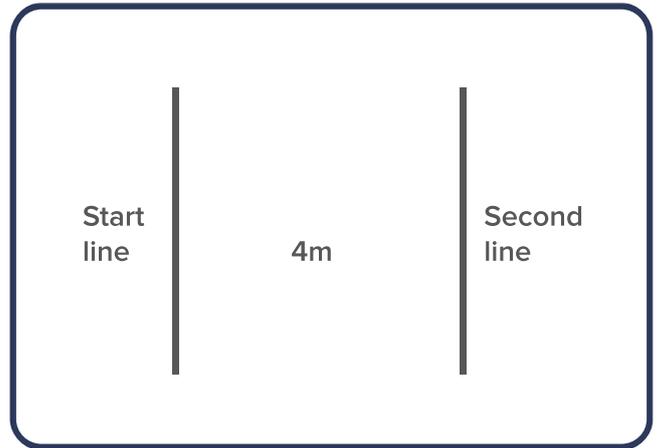
To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the start line whilst waiting for their turn).

The Game: Participants must start feet behind the start line, holding the spoon with the egg/ball balanced on it. They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

If a participant drops the egg/ball on the outward journey they must return to the start line and start again. If a participant drops the egg/ball on the return journey they must recommence at the second line.

The game is finished when all participants have been and the entire team is sitting behind the start line.

Scoring: This is a timed game. The total time for all members to complete the game (in seconds) is recorded.



GAME 6 - CRAB WALK RELAY

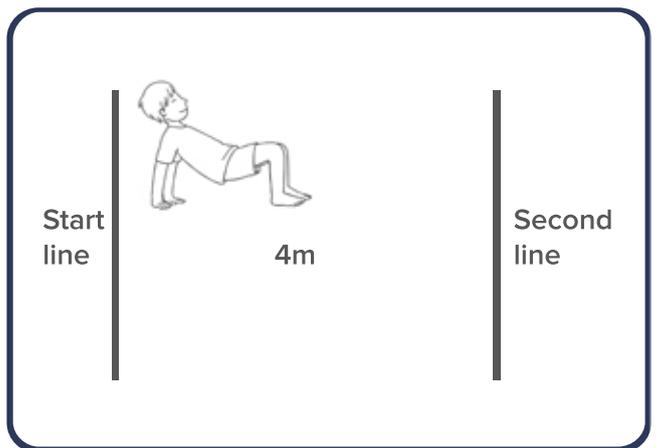
Equipment: Masking tape/chalk, 6 cones/markers if required for social distancing, stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

To help maintain social distancing where required use cones/markers to identify where participants should stand (i.e. behind the start line whilst waiting for their turn).

The Game: Participants must start completely behind the start line, in a crab walk position (hands and feet only touching the floor and body facing upwards). They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit, when they have crossed the line the next participant may go.

While a participant is having their turn, only their hands and feet should touch the floor. If any other part of their body touches the floor they must return to the last point where only their hands and feet were touching the floor.





PLAY AT HOME COMPETITION

INTRODUCTION FOR LEADERS

Due to the circumstances around Covid-19, many Companies are not yet in a position to meet face-to-face. Because of this we have developed a **Play at Home** version of the Juniors International Team Games, in which Juniors participate in games at home supported by their parents/carers. Minimal preparation and equipment is needed. Scores are then collated and submitted by a Company leader.

THE RULES

1. Participants should take part in the games in their own home, witnessed by a parent/carer.
2. Games may be practiced beforehand. The participant should tell their parent/carer beforehand which attempt will be the 'entry' one. After this the game should not be re-attempted.
4. Each parent/carer should submit a set of scores for their child to a Company leader. The leader should then collate these and submit a total 'team' score as their entry.
5. A team is made up of six Junior/No. 1 members. Teams should be selected beforehand. The six may be changed for different games but a participant may only be part of one team.
6. Multiple entries from Companies are permitted. Where multiple entries are submitted, teams should be marked A, B or C etc. (e.g. 1st Anytown B).

SCORES - TEAM

Game	Score Type	Participants						Total
		1	2	3	4	5	6	
1 - Ball Catch	Points							
2 - Hopping	Time taken (in seconds)							
3 - Bean Bag Balance	Time taken (in seconds)							
4 - Star Jumps	Points							
5 - Egg and Spoon	Time taken (in seconds)							
6 - Crab Walk	Time taken (in seconds)							

SUBMITTING YOUR SCORES

Please submit scores using the online form at <https://boys-brigade.org.uk/juniors-international-team-games>

Only scores submitted using this form will be accepted - please do not post or email this sheet. The score section above is for your reference only. **Scores must be submitted by 1st March 2021.**





PLAY AT HOME COMPETITION

INTRODUCTION FOR PARENTS/CARERS

Due to the circumstances around Covid-19, many Companies are not yet in a position to meet face-to-face. Because of this we have developed a **Play at Home** version of the Juniors International Team Games, in which Juniors participate at home supported by their parents/carers. Minimal preparation and equipment is needed.

As a parent/carer you should set up each of the games and witness your child completing them. Your child may practice the games but must tell you beforehand which attempt of each game will be the 'entry' one. After this the game should not be re-attempted.

One score for each game should be sent to your Company leader, who will collate a set of team scores and submit them to BBUK Headquarters. By taking part your child will be part of an international competition which includes teams from across the world!

SCORES

Game 1 - Ball Catch	Points	_____
Game 2 - Hopping	Time taken (in seconds)	_____
Game 3 - Bean Bag Balance	Time taken (in seconds)	_____
Game 4 - Star Jumps	Points	_____
Game 5 - Egg and Spoon	Time taken (in seconds)	_____
Game 6 - Crab Walk	Time taken (in seconds)	_____

Please send these scores to your Company leader, do not send directly to BBUK Headquarters.

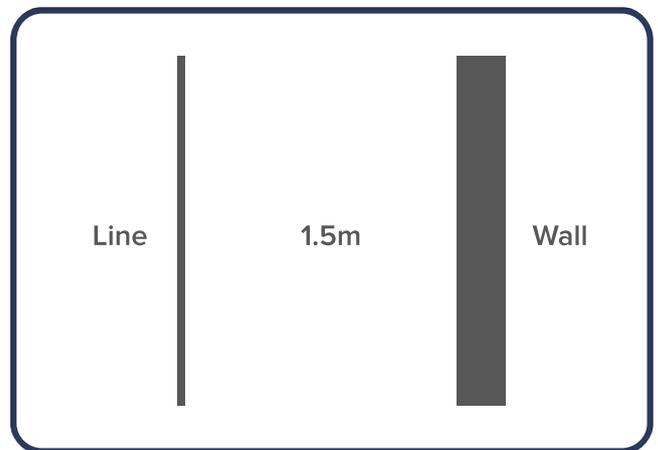
GAME 1 - BALL CATCH

Equipment: Tennis ball (or balls of similar size), masking tape (or similar to create line)

Setting Up: Mark a line 1.5 metres from a wall.

The Game: The participant must stand behind the line and throw their ball against the wall, 3 times with the right hand and 3 times with the left hand trying to catch the ball each time with the same hand, without the ball bouncing on the floor. 1 point is scored for each successful catch. The participant must remain at or behind the line at all times.

Scoring: This is not a timed game. The total number of successful catches (maximum 6) is recorded.





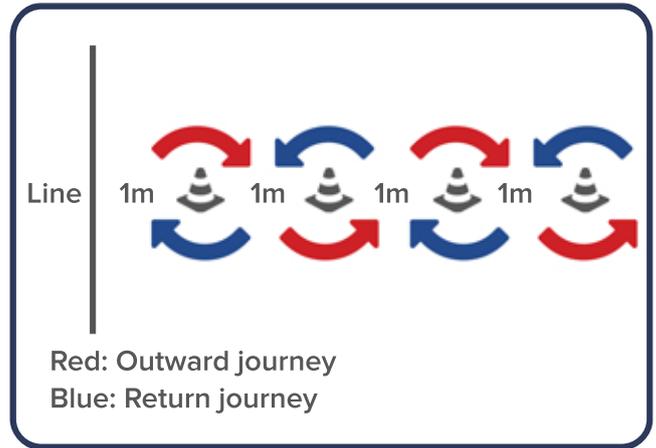
GAME 2 - HOPPING

Equipment: 4 cones/markers, masking tape (or similar to create line), stopwatch/timer

Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

The Game: The participant must start feet behind the start line and hop on one leg weaving in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit.

Scoring: This is a timed game. The time to complete the game (in seconds) is recorded.



GAME 3 - BEAN BAG BALANCE

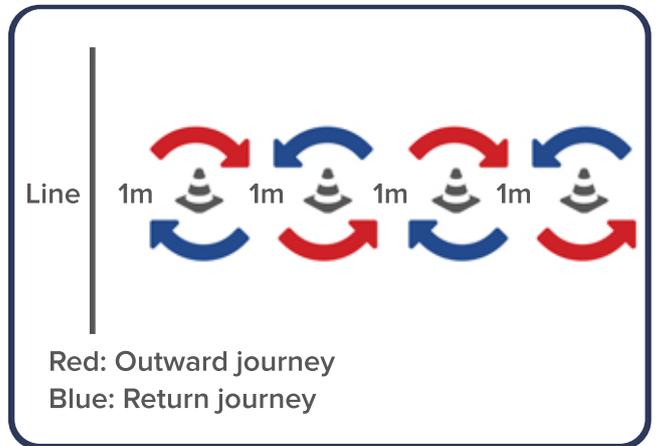
Equipment: 1 bean bag (or similar item), 4 cones/markers, masking tape (or similar to create line), stopwatch/timer

Setting Up: Mark a start line and then place four cones/markers each 1 metre apart in a straight line. The first cone/marker should be 1 metre from the start line.

The Game: The participant must start feet behind the start line, place the bean bag on their head and weave in and out through the cones/markers, around the fourth cone/marker and back weaving in and out through the cones/markers again. The participant must cross the start line to complete the circuit.

The participant must not touch the bean bag with their hands. If the participant drops the bean bag on the outward journey they must return to the start line and start again. If the participant drops the bean bag on the return journey they must recommence at the fourth marker.

Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.





GAME 4 - STAR JUMPS

Equipment: Stopwatch/timer

Setting Up: No advance setup is required for this game.

The Game: The participant must complete as many star jumps as possible in 30 seconds.

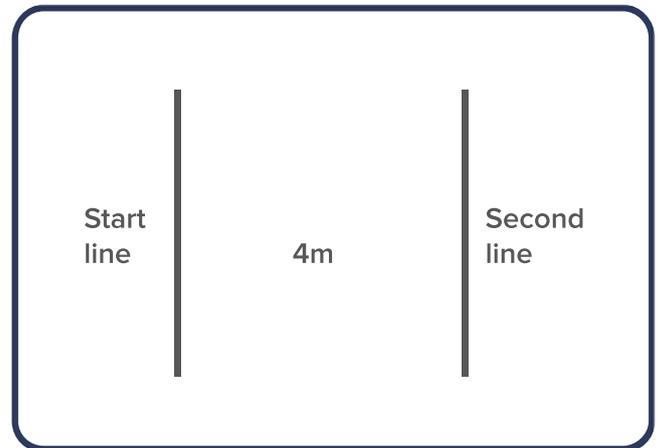
Scoring: The total number of star jumps completed in 30 seconds is recorded.

GAME 5 - EGG AND SPOON

Equipment: Masking tape (or similar to create lines), 1 spoon, 1 plastic/wooden egg or similar sized ball, stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

The Game: The participants must start feet behind the start line, holding the spoon with the egg/ball balanced on it. They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit. If the participant drops the egg/ball on the outward journey they must return to the start line and start again. If the participant drops the egg/ball on the return journey they must recommence at the second line.



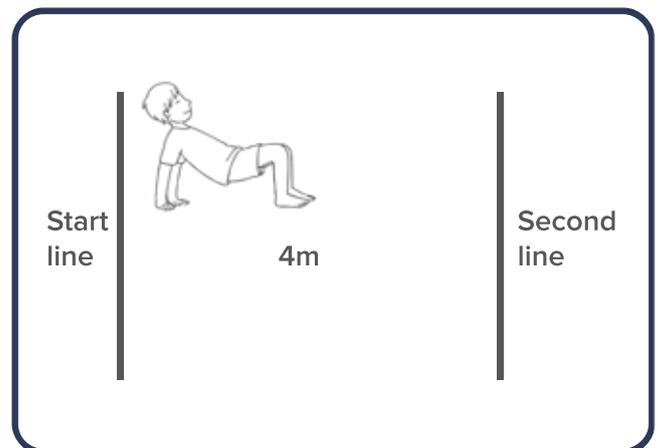
Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.

GAME 6 - CRAB WALK

Equipment: Masking tape/chalk (or similar to create line), stopwatch/timer

Setting Up: Mark two lines 4 metres apart.

The Game: The participant must start completely behind the start line, in a crab walk position (hands and feet only touching the floor and body facing upwards). They must cross the second line, turn around and come back again. The participant must cross the start line to complete the circuit. Only the participant's hands and feet should touch the floor. If any other part of their body touches the floor they must return to the last point where only their hands and feet were touching the floor.



Scoring: This is a timed game. The total time to complete the game (in seconds) is recorded.