

# ANCHORS

## DEFEND THE CASTLE



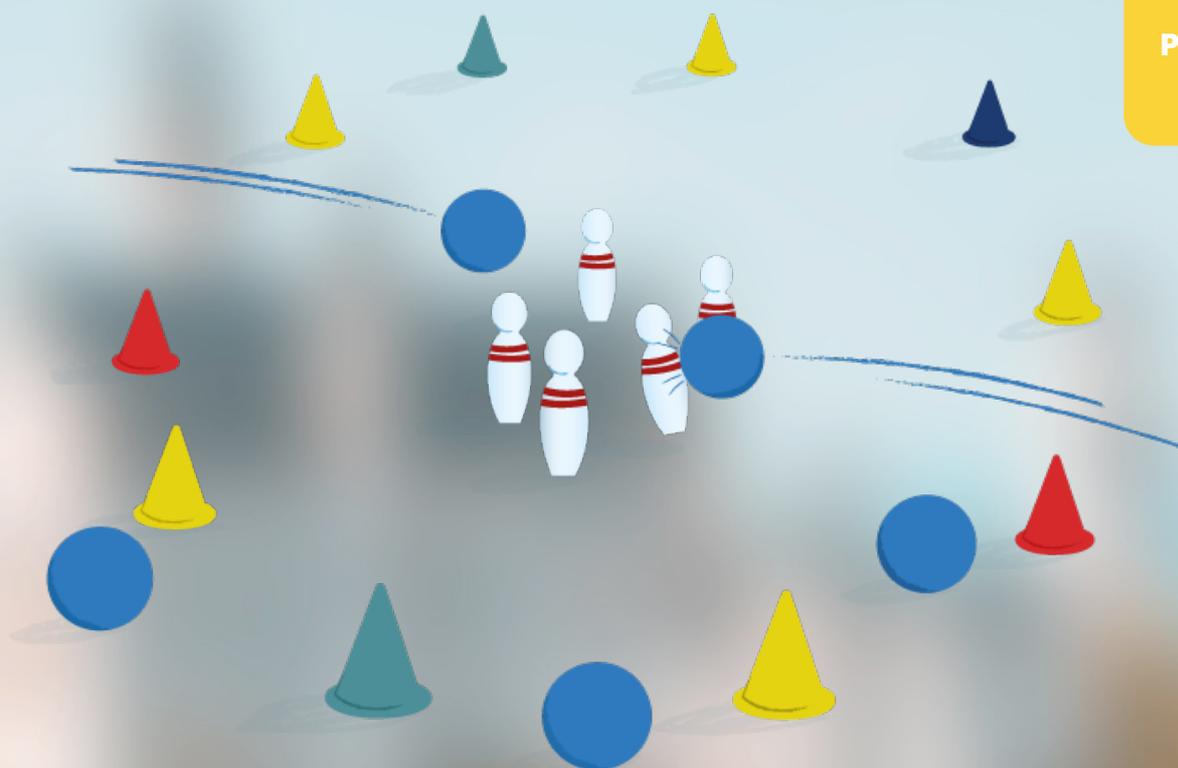
GET ACTIVE



15 MINUTES



PREPARATION  
NEEDED



### AIM

To encourage teamwork. With the group split into teams, one team has to defend the castle, whilst the other team has to try and attack the castle.

### WHAT YOU'LL NEED

- 5 Bowling Pins
- 10+ Cones
- 5 Soft Balls

# GET ACTIVE: DEFEND THE CASTLE

THEME: WORKING AS A TEAM



## LEADER PREPARATION

Apart from setting the game up, no further preparation is needed for this activity. If you do not have bowling pins you could use 2L drinks bottles instead, with a little water inside to weigh them down.



## GETTING INTO THE ACTIVITY

- 1** Place the 5 pins in the middle of the meeting space. The pins need to be spread out, so they won't knock each other over when they fall.
- 2** Set up a large outer perimeter with cones. This needs to be towards the edge of the meeting space, away from the pins in the middle, but with enough space for children to run around the outside.
- 3** Split your group into even teams. One team at a time take it in turn to be inside the circle and their job is to defend their castle (bowling pins) from being knocked over. They will need to work as a team to ensure the pins are protected.
- 4** The rest of the group must remain outside the outer perimeter. Their job is to try to knock down the 'castle' by throwing balls at the pins. Attacking players can pass the balls between the group around the outside, to try to get the best angle to attack the castle.
- 5** As the game goes on, a leader will record how many pins fall. Once recorded, pins can then be put back up and the game carries on. The game continues for a set period of time.
- 6** Each team takes a turn to defend the castle. At the end, the team with the least number of pins knocked over wins.



## IDEAS TO TAKE THIS FURTHER...

See which team can defend the castle for the longest amount of time. Instead of picking the pins back up, leave them knocked over and stop the clock after the 5th pin has fallen down.



## KEEPING EVERYONE SAFE

Make sure your meeting space is free from obstacles that children may run into, especially around the outer perimeter.