

juniors

AT THE BEACH

THEMED PROGRAMME



AIM

One of the best things to do during the summer is head to the beach to soak up the sun, cool off in the sea and have lots of fun and games on the sand. Bring the beach to your meeting space with a series of games, challenges and activities for all to enjoy.

ACTIVITIES

-  Beach Volleyball
-  Sandcastle Building
-  Inflatable Ring Races
-  I'm Going to the Beach and I'm Bringing
-  Keeping our Beaches Tidy
-  Footprints In The Sand

**THE BOYS'
BRIGADE**
>the adventure begins here



AT THE BEACH

INTRODUCTION

Days at the beach have been popular for hundreds of years. As we live on an island, we are lucky that we are surrounded by beaches to visit and enjoy.

Many family holidays can end up with at least one day at the beach including swimming in the sea, building sandcastles, burying people in the sand, eating ice creams, playing games and enjoying time spent with family and friends.

DID YOU KNOW?

- The UK has one of the largest coastlines in Europe with over 7,700 miles.
- Most people in the UK are no more than a two hour drive from a beach.
- The longest beach in the UK is 18 miles long.
- The tallest sandcastle ever made was 17.65m high. It took 12 sculptors 3.5 weeks to complete it.
- For every one square metre of beach there is about 163 billion grains of sand.



GET ACTIVE



20 MINUTES



PREPARATION NEEDED

GET ACTIVE: BEACH VOLLEYBALL

THEME: PLAYING SPORTS

Beach volleyball is a popular sport which is played at the beach. Split into teams and have a mini beach volleyball tournament. For this activity use a volleyball, inflatable beach ball or a soft ball. You will need to set up a large rectangular court using cones, tape or chalk. If you don't have a net then you could use string to mark the top of the net. Alternatively use teams who are not playing to form a 'human net'.

- 1 Beach volleyball typically has two players per team, but you can use as many as you wish.
- 2 The server stands at the back of the court and must hit the ball, either underarm or overarm, into the air and over the net.
- 3 The opposing team is allowed a maximum of three touches on their side of the net before they must send the ball back over the net. An individual player cannot touch the ball twice consecutively. The ball must always be hit and never caught or scooped.
- 4 Play continues with the ball going back and forth over the net until a point is scored. Points are scored to a team if the opposing team hits the ball out of play, allows the ball to hit the floor, has more than three touches, if the ball goes under the net or if any other foul is committed.
- 5 The team that won the last point, serves the next point. Every time a team wins the right to serve, the player who did not serve last time should now serve.



GET CREATIVE



15 MINUTES



PREPARATION NEEDED

GET CREATIVE: SANDCASTLE BUILDING

THEME: ARTY & CRAFTY

This is an activity we've all done whilst on the beach, so if you have a sandpit or can borrow one for your meeting, let the children get creative in the sand. You could hold a sandcastle building competition.



GET ACTIVE



15 MINUTES



PREPARATION NEEDED

GET ACTIVE: INFLATABLE RING RACES

THEME: PLAYING GAMES



For this game split the group into teams. Each team will need an inflatable ring. Cheap and cheerful inflatables can usually be brought from a pound shop and would be ideal for these games.

Human Ring Toss – One team member from each team should stand a couple of metres in front of their team. On go, the rest of the team take it in turns to throw the ring into the air with the aim of getting the ring to land over their team member. Either play until a team scores 5 points or set a timer and see who has the most points when the time is up.

Inflatable Ring Obstacles – Set up an obstacle course for teams to navigate, one member at a time, whilst wearing the inflatable ring around their waist. You could let the children design the course, before playing

Through & Through – Teams should stand in a line, all facing in the same direction. The team member at the back should start with the ring. On go, they put the ring over their head, drop it to their feet, step out of it and then pick it up and place it over the head of the person in front of them. Continue until the ring makes it to the front of the line. The player at the front should run the ring to the back of the line and carry on the game. The game finishes when the child who started the game is back in their starting position at the back of the line.



GET LEARNING



15 MINUTES



READY TO GO

GET LEARNING: I'M GOING TO THE BEACH AND I'M BRINGING ...

THEME: PROBLEM SOLVING

- 1 Sit the group in a circle and nominate one child to be in charge of the game. They need to think of a secret word for the rest of the group to work out. For example 'Seaside'.
- 2 The child in charge of the game starts and gives the first clue. They will say 'I'm going to the beach and I'm bringing a' and will say something that begins with the first letter of the secret word. In this example it would need to be an S.
- 3 Children then try to guess the next letter of the word by saying, "I'm going to the beach and I'm bringing a" - something that starts with what they think is the next letter of the word. If they guess correctly, the person in charge says, "Yes, you can come," but if they guess incorrectly, then they would say, "No, you can't come."
- 4 When someone correctly guesses the second letter, then play continues to try and find the 3rd then 4th letter etc. When someone thinks they know what the secret word is then they should put their hand up and ask. If correct, they then become in charge of the game and create a new secret word.

Example Round: Secret word is 'seaside'.

Player in Charge – I am going to the beach and I'm bringing a '**Spade**'

Next Child – I am going to the beach and I'm bring a '**Bucket**' – **No you can't come**

Next Child – I am going to the beach and I'm bringing an '**Elephant**' – **Yes you can come**
(E is the 2nd letter and therefore play would move on to find out what the 3rd letter is.)



GET INVOLVED



15 MINUTES



PREPARATION
NEEDED

GET INVOLVED: KEEPING OUR BEACHES TIDY

THEME: PROTECTING OUR WORLD

Beaches are a brilliant place to visit and are usually beautiful to look at and a precious part of our world. Sadly, due to humans leaving litter behind and not looking after beaches, some beaches can end up full of rubbish – some of which is harmful to animals and causes big problems.



For this activity download and print **Keeping Our Beaches Tidy** activity sheet.

- 1 Lay the cards on the floor, with the picture and years in separate piles. If you have some / all the items on the cards, use physical items instead to make the activity more visual and interactive.
- 2 Challenge the group to match up the items with how long they think it takes for each item to degrade. Place the items in order of quickest to longest amount of time.
- 3 After a while go through the answers and have a discussion. *Were there any items which surprised the group? Have the group seen any of these items on the beach when they have been on holiday? What impact do they think the rubbish has on animals and sea creatures?*
- 4 Ask the group what they think can be done to improve things, to help make our beaches cleaner and encourage other people to play their part in keeping them tidy?
- 5 Finally challenge the group when they are next at the beach to see if they, with their parents' supervision, can collect a bag of rubbish and recycle it to help clean up the beach. Take a photo with the rubbish and update the group next time you meet.



GET INTO
THE BIBLE



10 MINUTES



PREPARATION
NEEDED

GET INTO THE BIBLE: FOOTPRINTS IN THE SAND

THEME: DEVELOPING MY FAITH

For this activity you will need to access a copy of the 'Footprints in the Sand' Poem. This could be found using a internet search engine.

- 1 Read the poem to the group.
- 2 Think about the section which says there were only one set of footprints. Why was this?
- 3 Can the group think of any examples of situations in our daily lives (it doesn't have to be our own lives) where things get difficult and there might only be one set of footprints in the sand? Bullying, family illness and deaths, falling out with friends, bad days at school etc.
- 4 In the poem it says that when things were difficult God carried us in his arms. No matter how difficult things get, God is always there to listen to us, support us and carry us through the bad times. We are never alone when we have God by our side.



Psalm 34:17-18 Is anyone crying for help? God is listening, ready to rescue you. If your heart is broken, you'll find God right there; if you're kicked in the gut, he'll help you catch your breath.