

HIGHLAND GAMES







THEMED PROGRAMME



AIM

The Highland Games have been taking place in Scotland for hundreds of years. Get involved with your own version of the Highland Games. Who will be crowned champion of your games? The Highland Games take place each year during Spring & Summer.

ACTIVITIES

-  **Missing Words: Highland Games**
-  **Welly Throw**
-  **Caber Toss**
-  **Tam O'Shanter Cap**
-  **Sheaf Toss**
-  **A Tempting Tug of War**

HIGHLAND GAMES

» INTRODUCTION

The Highland Games are a series of sporting and cultural events that take place in Scotland each year during the Spring and Summer months.

The games are thought to date back nearly 1,000 years and are hugely popular both in Scotland and around the world.

Typical events held at the games include the caber toss, hammer throw and tug of war. The games usually also feature dancing and music too.

? DID YOU KNOW?

- The Highland Games date back nearly 1,000 years to the time of King Malcolm III.
- Around 80 Highland Games take place in Scotland, plus loads more around the world.
- Highland Games take place in other countries such as Canada, America, Brazil and Australia.
- The world record for the furthest distance to throw a haggis is a huge 66m. This was achieved at the Bearsden and Milngavie Highland Games in 2011.



GET LEARNING: UNDERSTANDING CULTURE & TRADITION MISSING WORDS: HIGHLAND GAMES

↓ Access the Missing Words: Highland Games activity sheet. This shares some information about the Highland Games but with some of the key words missing. Can the group fill in the gaps? This activity can be completed in one of the ways below:

Activity Sheets: Give each child / pair of children a copy of the activity sheet for them to work on, filling in the gaps. After a while go through the answers and see how everyone got on.

Relay Game: Cut out the word bank answers and leave them at one end of the room (a set for each team). Split the group into teams and sit them at the other end of the room. Read out the story, stopping at the end of each sentence. For each blank, one person from each team should run to their words and try to find the correct answer. The first team back with the correct word gains a point. The team with the most points at the end wins.



GET ACTIVE: PLAYING GAMES WELLY THROW

In the Highland Games competitors take on the Hammer Throw. This is where they aim to throw a 'hammer' (a heavy ball on a pole) as far as possible by spinning around with it before letting it go. In our version, we've replaced the hammer with a welly.

- 1 Create a throwing line on the floor and place a welly next to it.
- 2 Each child can then, one at a time, have a go at the welly throw. The child should stand by the throwing line and hold the welly between their legs, before then launching the welly into the air with the aim of getting it to travel as far as possible.
- 3 Place a marker in the floor for each child after their throw. Then give them all another go to see if they can beat their first attempt.
- 4 The child at the end who has launched the welly the furthest is the winner.

Keeping Everyone Safe: Make sure you designate a throwing area and ensure everyone else stands at a safe distance during the activity.



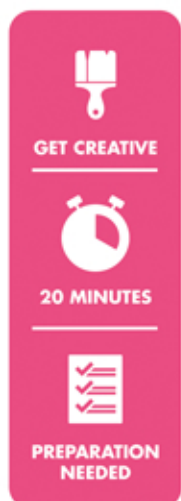
GET ACTIVE: PLAYING GAMES

CABER TOSS

The Caber Toss is possibly the most famous event at the Highland games. It sees competitors lift and then flip a very tall and heavy log / tree trunk.

- 1 You'll need something for the caber. This could be some pool noodles tied together, a long and thick cardboard tube or whatever else you can find that is safe to use.
- 2 The person throwing should lift the caber into the air, by holding it at the bottom and leaning it against their shoulder.
- 3 Once the caber is balanced and ready the person throwing should quickly walk towards the throwing line and attempt to throw the caber into the air.
- 4 A successful throw is one that sees the caber flip right over and land in a straight line.
- 5 Let each child have a go at the caber throw. The winning throw will be one that flips successfully and lands in a straight line afterwards.


Keeping Everyone Safe: Make sure you designate a throwing area and ensure everyone else stands at a safe distance during this activity. The items used should also be appropriate for the age and ability of the participants.



GET CREATIVE: ARTY & CRAFTY

TAM O'SHANTER CAP

A Tam O'Shanter cap is a traditional Scottish cap that gets its name from a Robert Burns poem. These caps are worn by some Scottish soldiers, and they are also a popular choice of headwear for visitors attending the Highland Games.

- 1  Download and print the Tam O'Shanter Cap template sheets. You'll need one copy for each child. Ideally these should be printed on (or stuck onto) card, but paper will work too.
- 2 Ask children to colour in the tartan shapes (1 large circle and 5 thin rectangles). Once coloured these can then be cut out.
- 3 Use tape to connect the five rectangles together to form one long strip. Children should curve this strip around the top of their head (where the cap will sit), with the tartan facing outwards. Once you know the correct length needed, cut the strip to the desired size and tape the ends together to form a ring.
- 4 Place the circular piece of coloured in tartan upside down, put the ring on top of this and then use tape on the inside of the cap to fix the two pieces together, forming the finished cap.
- 5 Finally stick a large pom pom on the top of the cap, in the centre, to finish it off.





GET ACTIVE: PLAYING GAMES

SHEAF TOSS

The Sheaf Toss challenges competitors to launch a sheaf (bag of straw) as high as they can using a pitchfork. Our version challenges children to launch the sheaf as far as they can instead.

- 1 You'll need a sheaf for this activity. This could be a pillowcase stuffed with clothes or a cushion. You'll also need something to act as the pitchfork, such as a broom or a pole.
- 2 Create a throwing line on the floor and place the sheaf by it.
- 3 Children should one at a time come up to the throwing line and use the broom/pole to lift the sheaf and launch it as far as they can.
- 4 Place a marker in the floor for each child after their throw. Then give them all another go to see if they can beat their first attempt.
- 5 The child at the end who has launched the sheaf the furthest is the winner.

Keeping Everyone Safe: Make sure you designate a throwing area and ensure everyone else stands at a safe distance during the activity. The items used should also be appropriate for the age and ability of the participants.



GET INTO THE BIBLE: DEVELOPING MY FAITH

A TEMPTING TUG OF WAR

An event that features at some Highland games is tug of war. This is where two teams battle it out to try and pull the opposite team towards them and over the line. Use the concept of tug of war to help children explore temptation and how we can resist it.

- 1 Play a game of tug of war, using a long rope. If you don't have a long rope then play a few 1 v 1 rounds using a short rope or even a bath towel. Let children play a few games.
- 2 Sit the group down and ask how they found the game? What was it like when you were being pulled towards the line and you couldn't stop it? What ways did you try and stop being pulled?
- 3 Sometimes in life we can get pulled in different directions. This could be in the form of temptation to do a wrong thing even when we know we shouldn't. It can sometimes feel a bit like when we were getting pulled along during tug of war. Has anyone ever felt a strong pull to do something a little bit naughty, when they know they shouldn't have?
- 4 We're not alone. There are examples in the Bible where people have been tempted. We read about this in a letter that Paul wrote. Paul was an important Christian thousands of years ago who helped spread the gospel throughout the Roman empire. However even though he was a strong Christian, even he faced temptation along the way. Read Romans 7:15-19.
- 5 The good news is that God is there to help us with our temptations. We can pray and ask for help. When we do this and believe that doing the right thing is our way of honouring God, it can then feel like God is on our tug of war team and helping us to pull the rope. When God is on our team helping us to pull in the right direction, nothing can defeat us!



'I do not do the good things I want to do, but I do the bad things I do not want to do.' Romans 7:19

MISSING WORDS: HIGHLAND GAMES

The Highland Games take place in _____ during Spring & _____ as a way of celebrating traditional Scottish _____.

There are normally over _____ Highland Games that take place in Scotland each year. There are also many other Highland Games around the world, including in countries such as Canada, America, Brazil and _____.

The Games were originally founded as an athletic competition, testing the _____ of troops. It is thought that the games date back nearly _____ to the time of _____ who would summon contestants to race up _____ in order for him to find the _____ runner to become his royal _____.

The Highland Games today include games such as the caber toss, _____ throw, sheaf toss, tug of _____ and more. The Games also feature lots of _____ and dance too, including the _____ and Highland dancing.

The largest Highland Games in Scotland is the Cowal gathering that sees around 3,500 competitors and around _____ people who come to watch.

WORD BANK

80	Hammer
23,000	King Malcolm III
1,000 Years	Messenger
A Large Hill	Music
Australia	Scotland
Bagpipes	Strength
Culture	Summer
Fastest	War



80	HAMMER
23,000	KING MALCOLM III
1,000 YEARS	MESSENGER
A LARGE HILL	MUSIC
AUSTRALIA	SCOTLAND
BAGPIPES	STRENGTH
CULTURE	SUMMER
FASTEST	WAR

MISSING WORDS: HIGHLAND GAMES

The Highland Games take place in **SCOTLAND** during Spring & **SUMMER** as a way of celebrating traditional Scottish **CULTURE**.

There are normally over **80** Highland Games that take place in Scotland each year. There are also many other Highland Games around the world, including in countries such as Canada, America, Brazil and **AUSTRALIA**.

The Games were originally founded as an athletic competition, testing the **STRENGTH** of troops. It is thought that the games date back nearly **1,000 YEARS** to the time of **KING MALCOLM III** who would summon contestants to race up **A LARGE HILL** in order for him to find the **FASTEST** runner to become his royal **MESSENGER**.

The Highland Games today include games such as the caber toss, **HAMMER** throw, sheaf toss, tug of **WAR** and more. The Games also feature lots of **MUSIC** and dance too, including the **BAGPIPES** and Highland dancing.

The largest Highland Games in Scotland is the Cowal gathering that sees around 3,500 competitors and around **23,000** people who come to watch.

WORD BANK

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TAM O'SHANTER CAP

