

# Play 'Splat' with 'St. George' in the centre of the circle shouting 'Swords' and people around the edge defending themselves shouting 'Shields'



## For leaders

The whole unit stands in a circle with one person, 'St. George' standing in the middle. St George takes a turn by pointing at someone in the circle and shouting 'Swords'. The person who is being 'attacked' must then crouch down immediately to avoid being 'hit'. The two people either side of the person being 'attacked' must then defend themselves by turning towards each other with their arm held out as though holding a shield and shout 'Shield' before the other. The person who shouts 'shield' last is then out and must sit down in the circle. If the player St. George attacks fails to crouch down in time, they are then out. Continue until there are 2 players left in the circle. They must then stand back to back and on the count of 3 defend themselves in the same way as before. The winner is the last man standing!

## Age 14 - 18

## Age 7 - 11

## Activity details

### This activity counts towards...



- St. George's Day - Green
- St. George's Day - Purple

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| Free Day/Night | Indoors/Outdoors |
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|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5   |   |
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|---------------------------------|--|
| <input type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input type="checkbox"/> Summer | <input type="checkbox"/> Winter            |
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### Skills:

- Communication
- Decision making
- Gross Motor Skills
- Listening
- Observation
- Self motivation

### Equipment: