

# The Boing PlayUp Club

Welcome to the Boing Play Up Club! We want to help you get active and playful at home, so we have put together some quick and easy games that you can play with friends and family wherever and whenever. Check out our quick guide to why the PlayUp Club is so much fun!

## 1. Being Active

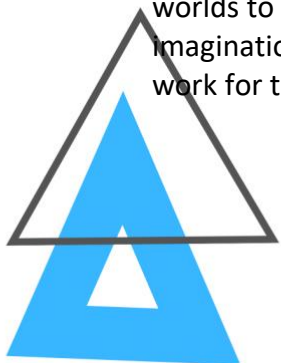
Why is it magic? It adds great energy to any play session. Playing whilst also being active will develop a love for physical activity that will last a lifetime!

What does it feel like? When your heart is beating a bit faster and you're a bit out of breath!

What to do to add it to your play? Add a time limit to speed things up. Play in a bigger space so there is more ground to cover. Restrict players to a specific type of movement (eg: hop, skip, jump).

## 2. Imagination

Why is it magic? Creating a place for imagination in play will lead to dreaming up new worlds to play in, characters to be and stories to tell within the game. Playing with imagination will develop players ability to make play what they want it to be and make it work for them.



What does it feel like? When you are pretending the cardboard box in the corner is actually a magical castle.

What to do to add it to your play? Give players special powers, or better yet, ask them to think of them. Hand over control to the players to take the game wherever they want to. Ask the players to add new 'roles' or characters into the game.

### 3. Adventure

Why is it magic? Play that involves an element of adventure will mean it will last longer because of the exploration and intrigue. Adventure in play will lead to being more willing to explore the unknown and investigate new places!

What does it feel like? Knowing where you have to go, but don't know how you are gonna get there.

What to do to add it to your play? Play in a new setting that players have never been to before. Hide something to find. Share clues of a secret location to get to or set a challenge to complete.

### 4. Fun

Why is it magic? If play is fun, then players are more likely to do it again another time. Having fun with your play is what it's all about. If it's not fun, it's not play!

What does it feel like? When you're enjoying what you're doing so much, you forget about everything else.

What to do to add it to your play? Provide the freedom to play in whatever way works for the players. Add in extra buzz by commentating on the game or cheering players on. Be led by the player, if they have a smile on their face, encourage more of what they are doing. Ask them where they want to go next with it.

### 5. Creativity

Why is it magic? Play that gives plenty of space to think outside the box and create new and different ways of playing, will mean more exciting versions of the same game emerge. Being creative whilst playing is where the resilience and thinking skills needed to tackle any situation, any space and any problem are made.

What does it feel like? When you're finding your own way, coming up with brand new ideas and not caring what other people are doing!

What to do to add it to your play? Change the shape or size of the play area, or the size of the teams to set a different problem to solve. Keep making the game harder and harder. Give out points for each new way a player plays the game.



## 6. Collaboration

Why is it magic? Collaborative play is where relationships are formed and mean new ways of playing can emerge through everyone combining their ideas together! Playing together to achieve a goal, go on a mission together or create something new can build trust with others that can last forever.

What does it feel like? When you make a plan together that you couldn't make on your own, and then you go and make that plan happen, as a team.

What to do to add it to your play? Get into groups and make a plan before starting to play. Set each group the challenge of coming up with a new rule, or a whole new game. Make the game about building something, or figuring something out as a team.



# Go Go Gold

## People

2+ (best with 4)

## Aim

Collect the gold into your vault as fast as you can

## Space

Home / Garden / Park

## Equipment

Something for a halfway line (eg: t shirt or a line on the floor) Something to make two vaults (eg: a rolled up jumper) As many small things as you can find to be the gold (eg: balls or shoes or anything you can find)

## How to Set Up

Two vaults, spaced out, with a halfway line between them.  
Equal amounts of gold in each half. As much gold as you can get.  
Players in two groups, give them a vault each.

## Two Rules

One piece of gold at a time  
Only collect gold from the other half

## How to Play

Go to the other half - where your vault isn't - and collect a piece of gold  
Bring it back to your vault  
Go again!

## How to End

The first player to collect all the gold from the other player's half wins

## Level One. Add Tagging

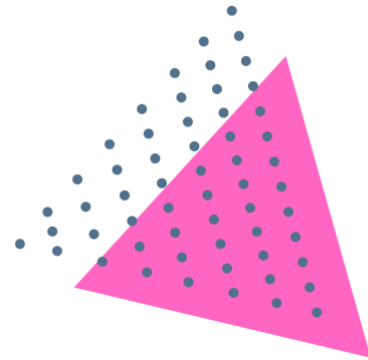
Players can now tag each other, but only when a player comes into their half.  
If tagged, drop any gold, go back to the vault for five seconds and then go again.

## Level Two. Add Golden

Tails Players tucks a t-shirt into the back of their waistband with most of it hanging out.  
That's the golden tail.  
If a player from the other team grabs the golden tail, they win the whole game!

## Level Three. Tagging and Golden Tails

Players can now tag each other to stop each other collecting gold.  
But each player also has a golden tail. If a player grabs a golden tail, they win.



### **Boss Level. Play the Game Your Way**

The game and the levels are just start points for your imaginations to run wild with!

The best way to play the game is creating your own way to play.

Why not try and make your own version of the game! Remember the magic ingredients of great play from the PlayCorner.

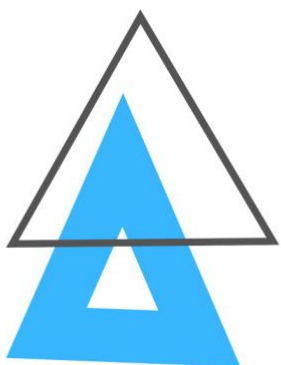
If you do have a go at the boss level, we'd love to see and share your Play Ups with the rest of the PlayUp club.

### **Power Ups**

- 1 - Remove the "only collect one piece of gold at a time" rule
- 2 - Give players specific jobs, some players are collectors and some are taggers (great if you have more than two players)
- 3 - Play with a golden nugget. If the nugget gets captured and taken to a vault, the team that collects it wins
- 4 - Play so that tagging can happen anywhere
- 5 - Place small gates across the halfway line. Players can only go through these to get the gold and back
- 6 - Play with no half way line, all the gold is up for grabs. Who can grab the most?
- 7 - Give each player two golden tails
- 8 - Play with super powers. Create special powers each player has that can impact the play of the other player.
- 9 - Add a time limit and make it a race against the clock

### **Level the Playing Field**

- 1 - Change the amount of gold each player has to collect
- 2 - Change the way some players move (hop or jump instead of run for example)
- 3 - Move the vaults closer to or further away from the halfway line



# Laser Webs

## People

1+

## Aim

Get through the lasers in whatever way you can!

## Space

Home / Garden / Park

## Equipment

Six long lengths of string A space where there are lots of places to tie string too

## How to Set Up

Create a laser web by wrapping one length of string around door handles, table legs or banisters

Players stand on one side of the laser web

All the other lengths of string at either end of the web

## One Rule

No contact with each other

## How to Play

Make your way through the web without touching each other

When all players are at the other end, add another laser to the web

Go back through to the other side

Repeat!

## How to End

When you've added six different lasers to the web.

## Level One. Touching a Laser

Play so that if a player touches a laser with any part of their body, they have to go back to the start and go again.

## Level Two. Add a Time Limit

Play with the touching the laser rule from level one.

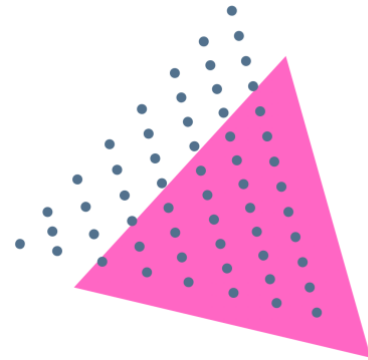
Add a time limit of thirty second per run through the web.

## Level Three. Add in Objects

Play with the touching the laser rule from level one and the time limit from level two.

Now put six different objects per player at one end of the web.

Players have to carry each of the objects in turn to the other end of the web.



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### **Power Ups**

- 1 - Play with one player blindfolded and the other player as the guide
- 2 - Do it as a pair and hold hands whilst trying to get through the web
- 3 - Make it a race through the web!
- 4 - Start with players at opposite ends of the web, and see who can get to the other side and back three times first
- 5 - Create different shaped webs
- 6 - Make the web go across the floor, so you just have to step or jump over the lasers
- 7 - Add in a tagger in the middle of the web, if you get tagged, go back to the start

### **Level the Playing Field**

- 1 - Give the players different sized objects to carry through the web
- 2 - Make the players hold hands with each other as they play
- 3 - Give different players different lives. eg: touch a laser three times before they have to go back and start again



# Dragon Lands

## People

2+ (best with 4)

## Aim

Find the Dragon's eggs or the Queen's crowns that have gone missing!

## Space

Home / Garden / Park

## Equipment

Five of something to be the crowns (You could use balls or t-shirts)

Five of something different to be the eggs (You could shoes or pieces of card)

Something to mark out two small areas, one castle and one dragon's den (you could use rolled up jumpers or some twigs)

## How to Set Up

Hide five dragon eggs and five crowns as far and wide as you can

Dragon's hide their eggs. Knights hide the crowns

Split players into two groups and make one set the dragons and one set the knights

Put a castle and a dragon's den next to each other in the middle of where you're playing

## Two Rules

Collect one at a time only

No taking anything out of the castle or the dragon den

## How to Play

Dragons go off and find the crowns. Knights go off and find the eggs

Once they have found a crown or an egg, bring it back and put it in the castle or the dragon den

Go back out to find another piece!

## How to End

When the dragons have collected all the crowns, or the knights have collected all the eggs

## Level One. Add Tagging

Players can tag each other when they see a player with a crown or an egg.

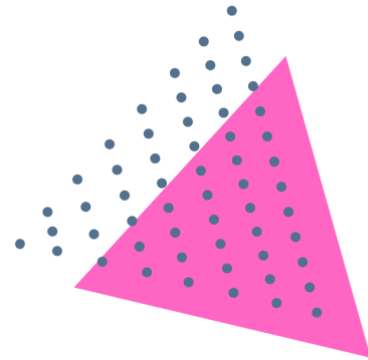
If a player is tagged, drop their crown or egg, freeze, shut their eyes and count to 20.

The tagger can go and rehide the dropped crown or egg.

## Level Two. Add Fireballs

Add five fireballs into the game. Scatter them everywhere and anywhere.

Players can pick them up for two seconds and then throw them at other players to tag them.





If a player is tagged by a fireball, drop their crown or egg, freeze, shut their eyes and count to 20.

### **Level Three. Move the Dragon's Den and Castle**

Keep the tagger rule and maybe even the fireballs too

Rather than in the middle of the space, put the dragon's den and the castle in separate corners, maybe near a fences or hedges

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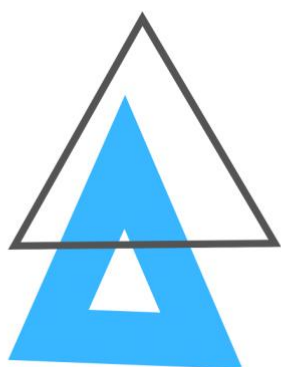
If you do have a go at the boss level, we'd love to see and share your Play Ups with the rest of the PlayUp club.

### **Power Ups**

- 1 - Hide loads more crowns and eggs
- 2 - Add in a third team seeking a third type of object
- 3 - Play in pairs with one player blindfolded and one player as the guide
- 4 - Play with a golden egg or a golden crown. If they return it they win, but they can be tagged with it as well, and if they are tagged they lose the whole game
- 5 - Make it a relay race. One player from each side looking for an egg or a crown at a time
- 6 - Play in a giant triangle. Don't go outside the triangle and put the castle and the den at one point of the triangle
- 7 - Play in a wood or a much bigger area
- 8 - Give each player a golden tail that if it gets pulled out of their shorts then they loose the game
- 9 - Add in safe zones for players to seek shelter in
- 10 - Add in more fireballs and create shields out of cardboard for each player to block them with

### **Level the Playing Field**

- 1 - Hide different amounts for different players
- 2 - Make the length of time players have to freeze different
- 3 - Put the castle and the dragon den different distances away from the hidden crowns and dragon eggs



# Planet Protectors

## People

2+ (best with 4)

## Aim

Sort as much rubbish as you can into the right recycling centres in three minutes

## Space

Home / Garden / Park

## Equipment

Something to make three recycling centres (You could use rolled up t-shirts or the corners of a room).

As many small things as you can find to be rubbish, you'll need equal numbers of three different things (You could use socks, books, or pencils).

## How to Set Up

Scatter all the rubbish randomly, make each type of equipment a different type of rubbish (eg. glass, plastic, metal).

Three recycling centres as far away from each other as possible. Make one for each type of rubbish.

Players holding hands.

## Two Rules

Collect one piece of rubbish at a time.

Don't let go of each other's hands.

## How to Play

Go and find a piece of rubbish.

Take one piece at a time to the right recycling centre.

Go again!

## How to End

After three minutes, see how many pieces of rubbish are in the recycling centres.

## Level One. Safe Zones

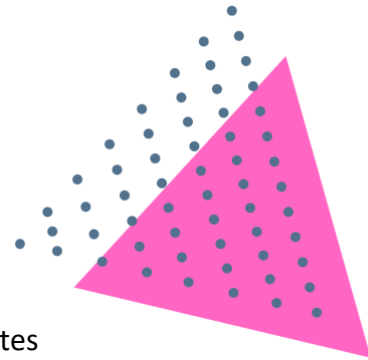
Make the recycling centres safe zones. You can only be outside the safe zone for an agreed duration at any one time.

If a team doesn't make it back to the safe zone in time, drop the rubbish, don't put it in the recycling centre and then play again.

How many goes does it take everyone playing (as one big team) to collect all the rubbish?

## Level Two. Stepping Stones

Players don't have to hold hands now.



Give them two stepping stones each to move about on (you could use anything that won't slip).

Players cannot touch the floor, only the stepping stones. If they touch the floor, they must go back to a recycling centre and play again.

### **Level Three. Stepping Stones and Pairs**

Players don't have to hold hands but are working in pairs.

Give each pair three stepping stones between them to move about on (you could use anything that won't slip).

Players cannot touch the floor, only the stepping stones. If they touch the floor, they must go back to a recycling centre and play again.

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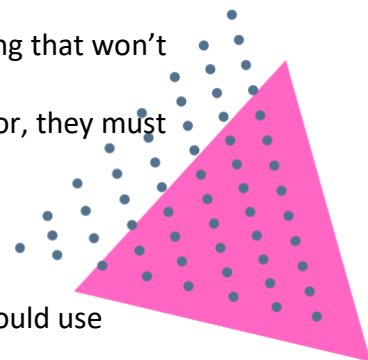
If you do have a go at the boss level, we'd love to see and share your Play Ups with the rest of the PlayUp club.

### **Power Ups**

- 1 - Play so that each player has one specific type of rubbish to sort.
- 2 - Put roadblocks (you could use pillows, duvets or books) in the way of the recycling centres so players have to throw the rubbish in over the blocks.
- 3 - Put roadblocks (you could use pillows, duvets or books) throughout the space for players to go round.
- 4 - Play with six different recycle centres.
- 5 - Play so that players can collect as many pieces of rubbish as they like.
- 6 - Give each player a sack (you could use a bag or a pillow case) that they can collect the rubbish in to take it to the recycle centre.
- 7 - Play with taggers, if you are tagged drop the rubbish and start again.

### **Level the Playing Field**

- 1 - Give players different sized stepping stones.
- 2 - Give players more types of rubbish to sort and others less.



# Tip Tap

## People

2+ (best with 2)

## Aim

Get 8 taps before the other player

## Space

Home / Garden / Park

## Equipment

8 of one type of household object and 8 of a different household object (you could use plastic cups, books, shoes or rolled up socks)

Something to mark a small centre circle (you could use a hoop or some rolled up t-shirts)

## How to Set Up

Place the two types of household objects equally spread out in a big circle

Make a small circle in the centre of the big circle

Both players stand inside the small circle

Designate each player a type of object to tap over

## Three Rules

No physical contact

Only one tap at a time

Don't tap the other player's objects

## How to Play

Race to tap all 8 of your items over first

Go through the small circle after each tap

Make sure to change the item in some way when you tap it (ie: if its a rolled up ball of socks, pull them apart, or if its a book but it on its end and the tap it so it falls over)

## How to End

First player to tap all 8 objects and get back to the centre circle

## Level One. Play with a Tagger

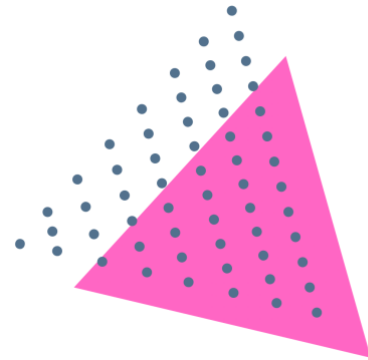
Play so that one player is the tagger and one player is the tapper

The tagger needs to play on their knees and can't stand up. Their job is to tag the tapper 5 times before the tapper can tap all the objects over

Swap roles and play again!

## Level Two. Add in Un-tapping

Now players can un-tap the other players objects or tap their own before going through the centre circle again



Play with a time limit and see who has the most objects tapped over when the time runs out

### Level Three. Add Safe Zones

Keep the tagger rule from level one

Mark out two safe zones in and around the objects to tap over

Tappers cannot be tagged in the safe zone, but can't spend more than three seconds in them

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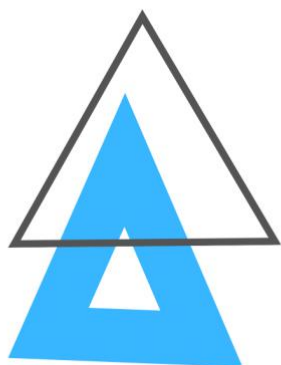
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### Power Ups

- 1 - Play with one player blindfolded and another one guiding them
- 2 - Play in teams over a bigger area (Great for large groups)
- 3 - Play with both players on your hands and knees (Great for little spaces)
- 4 - Play in different shapes other than a circle, (ie: square, circle, triangle)
- 5 - Play with two stepping stones per player (you could use pillow cases or pieces of cardboard). Players can only step on the stepping stones and not touch the floor
- 6 - Give each player one freezing power. They can shout freeze at one point and freeze the other player for five seconds
- 7 - Scatter small balls around the circle, players can use these to tag and freeze each other
- 8 - Give each player a ball to carry. They have to tap the objects by throwing it at the objects from two metres away

### Level the Playing Field

- 1 - Make the items further apart or closer together for different players
- 2 - Reduce the number of taps needed to win for some players



# SuperShots

## People

2+ (best with 2)

## Aim

Be the first player to score five supershot points

## Space

Home / Garden / Park

## Equipment

Something to mark a halfway line (you could use some shoes or a line on the floor) \

Something to mark two goal lines (you could use some jumpers or a line on the floor)

Two balls (you could also use tennis balls or rolled up balls of socks)

## How to Set Up

Two wide goal lines parallel to each other with a halfway line in the middle

Split players into two groups and give them a goal line each

Give each side one ball each (or just start with one ball in total to make it easier)

## Two Rules

Don't cross the halfway line

Only roll the balls

## How to Play

Roll the balls, try and get them over the other player's goal line

If the ball goes over the goal line you score a supershot point

Block any balls from going over your goal line, but don't cross the halfway line

## How to End

When one player has scored five supershot points

## Level One. Golden Ball

Play with three balls instead of two

Make one of the balls a golden ball worth two supershot points, if it goes over a goal line

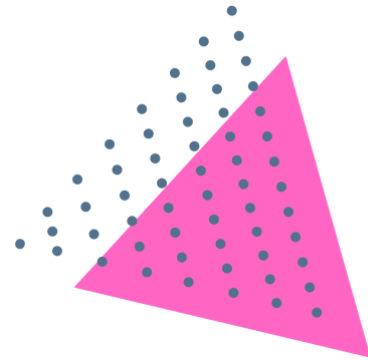
## Level Two. Blocker Zones

Play so that every time a player concedes a supershot point, they can put something in their half as a blocker zone (you could use a book, or a rolled up t-shirt)

If a ball hits a blocker zone they can grab it and play from there

## Level Three. Exploding Blocker Zones

Start with players setting up five blocker zones in their half



Now players have to protect their blocker zones as well as stop the ball going over their goal line

If a blocker zone is hit, it explodes and is removed from the game

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### **Power Ups**

- 1 - Play with even more balls
- 2 - Instead of a goal line, give each player two small goals a few metres apart to defend
- 3 - Play so that players can only be on their hands and knees
- 4 - Ban players from using their hands to block supershots
- 5 - Create a wall on the half way line with books or cushions and make three gaps in it for the ball to go through
- 6 - Play over a big distance and players can throw or kick the balls (great if you are in a park or garden)
- 7 - Play so that the players have to stay behind the blocker zones in their half

### **Level the Playing Field**

- 1 - Change the distance between the halfway line and the goal line in each half
- 2 - Make the goal lines different lengths for different players
- 3 - Change the amount of supershot points each player needs to win

