

## Recreational Games

### Builders & Bulldozers



#### You will need:

- 20+ Cones, yoga blocks, water bottles etc.
- Timer

#### To play:

- First set up half the objects in an upright position
- Divide your players into two teams
- One team will be builders, the other team will be bulldozers
- The aim of the builders is to stand the objects upright
- The aim of the bulldozers is to knock them over (using their hands; no kicking)
- Set a timer and play for 30 seconds or one minute depending on how many object and players you have. Both teams will be playing at the same time
- Tally the number of built and bulldozed blocks
- Whoever has the highest number at the end of 3 turns wins!
- Teams will switch roles (Builders or Bulldozers) after each game

#### Challenge Yourself!

- Instead of speed walking or running, ask players to use a different form of movement to get around. These movements can include crab walk, hop, skip or use any other creative movement you can think of.