

HOMEMADE Highland Games





Ready, Set...
...GO!

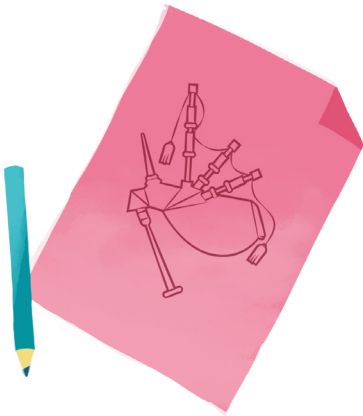
Highland games are a Scottish tradition which date back almost 1,000 YEARS! Nowadays over 80 Highland games take place across Scotland each summer, and many more happen around the world, but if you can't get to one this year, or want to enjoy a taste of the excitement at home, why not HOLD YOUR OWN?

Get your family ready for some SCOTTISH FUN!



Create your CLAN FLAG

What you will need:



Your drawings
or printouts



Paper or cards



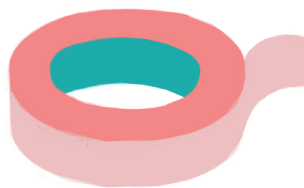
A straw or a stick



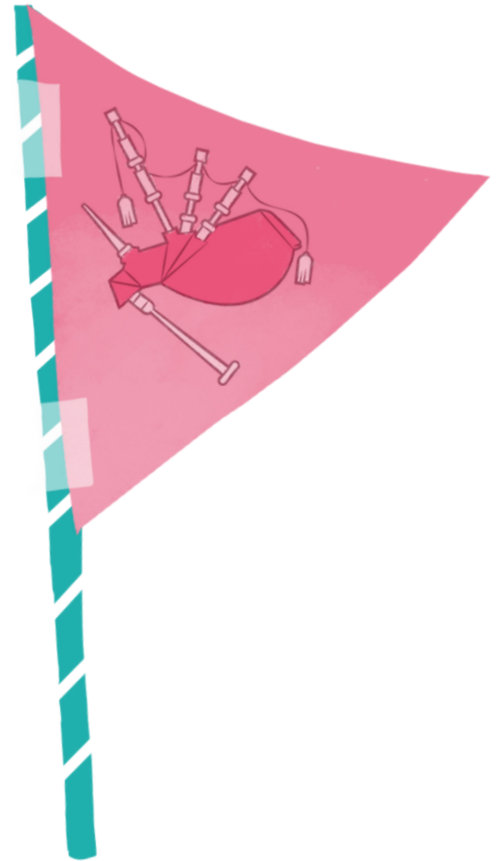
Scissors (and an
adult to help you
with them)



A glue stick



Sticky tape



How to make it:

1. Cut out and colour in the pictures
2. Cut out a triangle of paper (ask an adult for help with the cutting)
3. Stick your drawings to your cut out triangle
4. Attach your triangle to your straw with sticky tape
5. WAVE THE FLAG for your team mates!



Farmer's DASH!

This sport involves the athlete picking up two weights, one in each hand and walking as far as they can.

To make sure that you've got enough energy for the rest of the games, we've decided that our winners will be the ones who walk the distance the fastest.

What you NEED:

- TWO WEIGHTS per team/ player - two objects of equal weight which can be carried, such as bottles of water, buckets filled with stones, or pairs of socks in carrier bags. Just make sure the size is right for the age and the size of the players.
- A starting line.
- A return mark - you can use cones, stones, chalk or string.



01 Set up a starting line, a return point and race against your opponents!



02 Each team/player stands at the starting line, and when the game kicks off the first player in each team picks up the two weights, one in each hand and walks as fast as they can to the marker, turns around and comes back to the team. There they drop off the weights and the next one in their team takes their turn.



03 The team/player who finishes first wins.



Tug o' WAR!

What you NEED:

Tug o' war is a team sport with an ancient history, and versions of it have been played across the world for centuries.

Usually it is played in teams where each team has to use all their strength to pull the other team across the line.

- A long rope - this needs to be thick enough to grasp with your hands.
- A divider - a piece of ribbon, coloured string or tape.
- Two markers - create with chalk, string or cones.



01 Fix your divider to the centre of the rope.

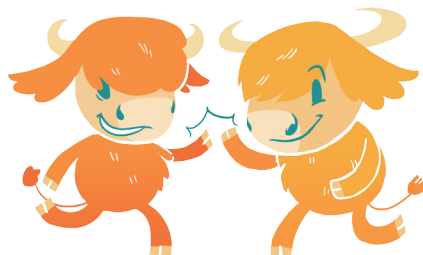


02 Lay the rope on the ground and create a starting point either side of the centre line. This is where each team will line up to hold the rope.



03 Teams line up and hold the rope.

04 On the starting sound each team starts to pull. Team members are not allowed to move their feet - they must let the rope pass through their hands if they are gaining rope.



05 The winning team is the first team to pull the tape on the rope over their starting line.



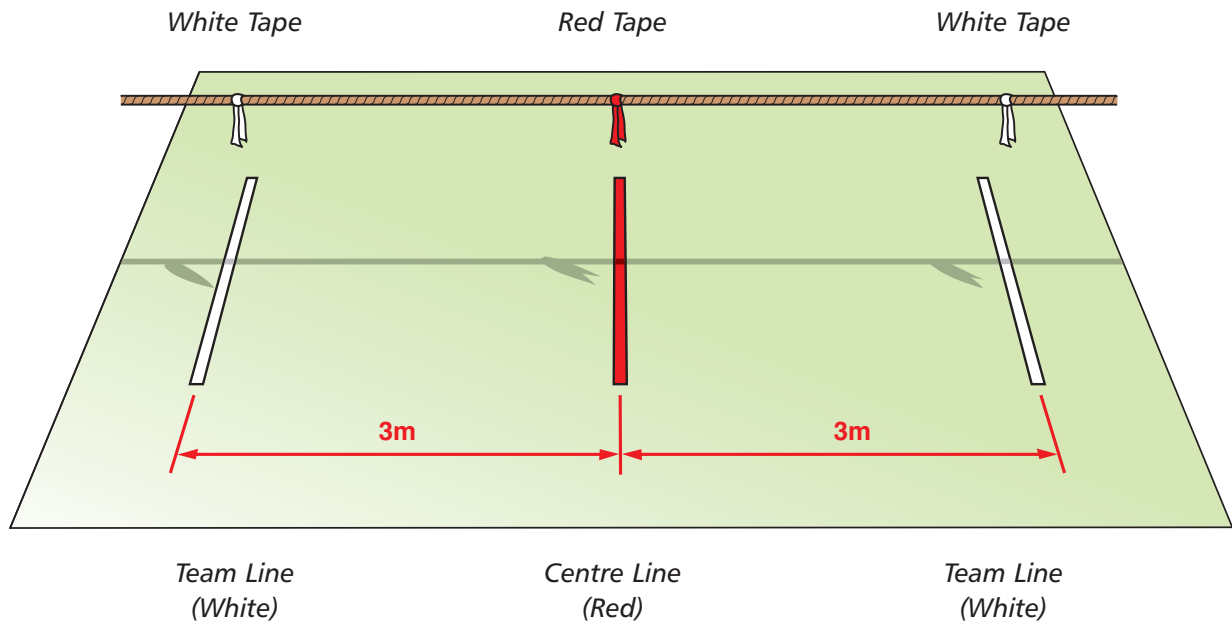
TUG OF WAR

AIM

For the team to 'pull' their opponents white tape (attached to the rope) over the centre line which is marked on the floor or ground at right angles to the rope.

EQUIPMENT

- Tug of War Rope
- Red and white tape
- Chalk, red and white tape or line marker



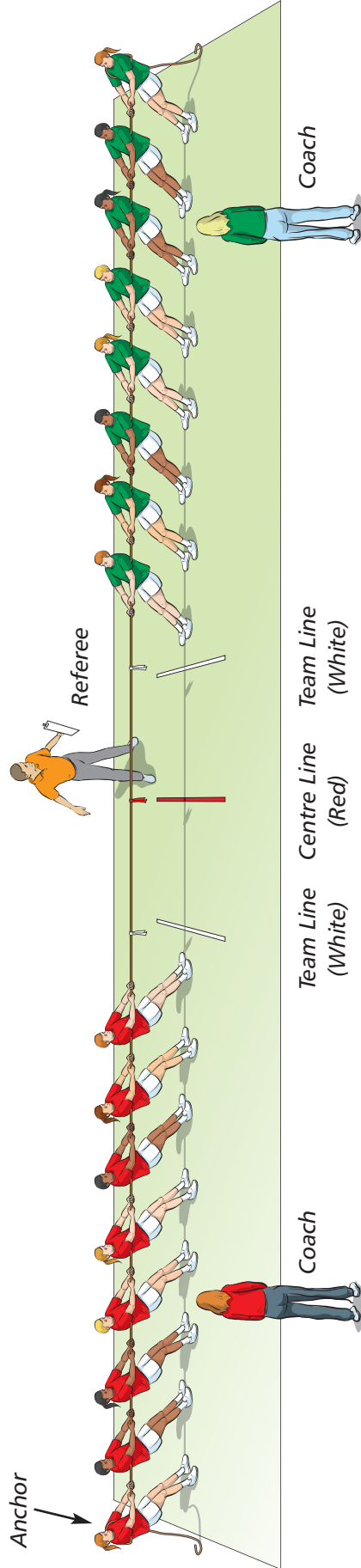
ARRANGEMENT OF THE JUDGING LINES FOR COMPETITION

RULES

- There can be single sex or mixed teams of either six or eight participants in each team, provided the number of boys and girls are equal.
- The 'Pulling' begins after the participants have been instructed to 'Take the Strain', when the rope becomes taut the referee says 'Pull'.
- All participants must be at least one metre from their own white ribbon.
- Participants must not touch the ground at any time with any part of their body other than their feet, nor loop the rope around any part of the body.
- The team wins the trial when their opponents white ribbon is 'Pulled' completely over the centre line.
- Coaches shall toss a coin for choice of end at the start of each match. Teams will change ends after the completion of each pull.
- All matches shall be won by pulls out of three.

SETTING THE ARENA

NOTE: The Referee must be in line with the relevant tape and line when making a judgement.

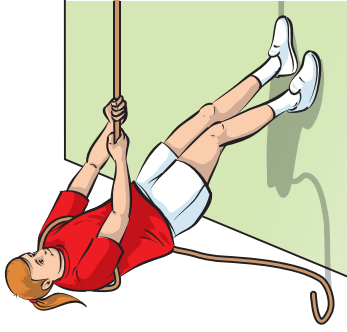


ANCHOR'S GRIP

Upon taking up position the anchor will place the rope around his or her body in the approved manner for the inspection of the judge.

The approved manner will be: The rope will pass under one armpit diagonally across the back and over the opposite shoulder from rear to front.

The remaining rope shall pass in a backward and outward direction and the slack shall run free. The anchor shall grip the standing part of the rope with both arms extended forward.



TIPS

For participants: Lean slightly back and focus on pushing back with your legs whilst holding the rope with both hands (palms facing upward).

For judges: The red tape at the centre of the rope should be level with the centre line at the start of each pull. Ensure you are completely in line with the ribbon you are responsible for.

The red tape at the centre of the rope should be level with the centre line at the start of each pull.

Rope Specification

Rope Diameter = 25mm

Rope Length = 22m

Suggested Team Sizes

6-8 Girls

6-8 Boys

3 Girls & 3 Boys Mixed Team

4 Girls & 4 Boys Mixed Team



Caber TOSS!

What you NEED:

Perhaps the most famous of the Highland games events, the caber toss shows both skill and strength. Large tree trunks, as tall as telegraph poles, are flipped around like matchsticks!

We're not expecting you to lift large wooden poles, so let's just try this with something lighter, shall we?

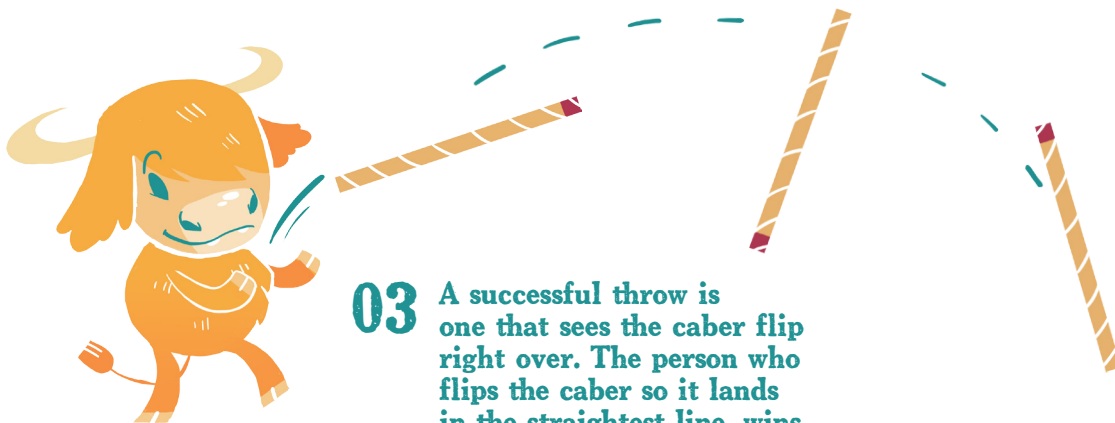
- A 'CABER' - something long, such as a foam swimming pool noodle wrapped in paper, a roll of carpet, or a wide cardboard tube. You can create your own from whatever you like. But remember to mark one end so you can be sure if it has flipped.
- A starting line
- Markers to show where it landed.



- 01** Get yourself a "caber"! Each player doesn't need to have their own one, but it's good to have some variety!



- 02** Each player takes two turns to toss the caber. This involves a short walk up to the starting point followed by an attempted throw.



- 03** A successful throw is one that sees the caber flip right over. The person who flips the caber so it lands in the straightest line, wins.

CABER

DESCRIPTION

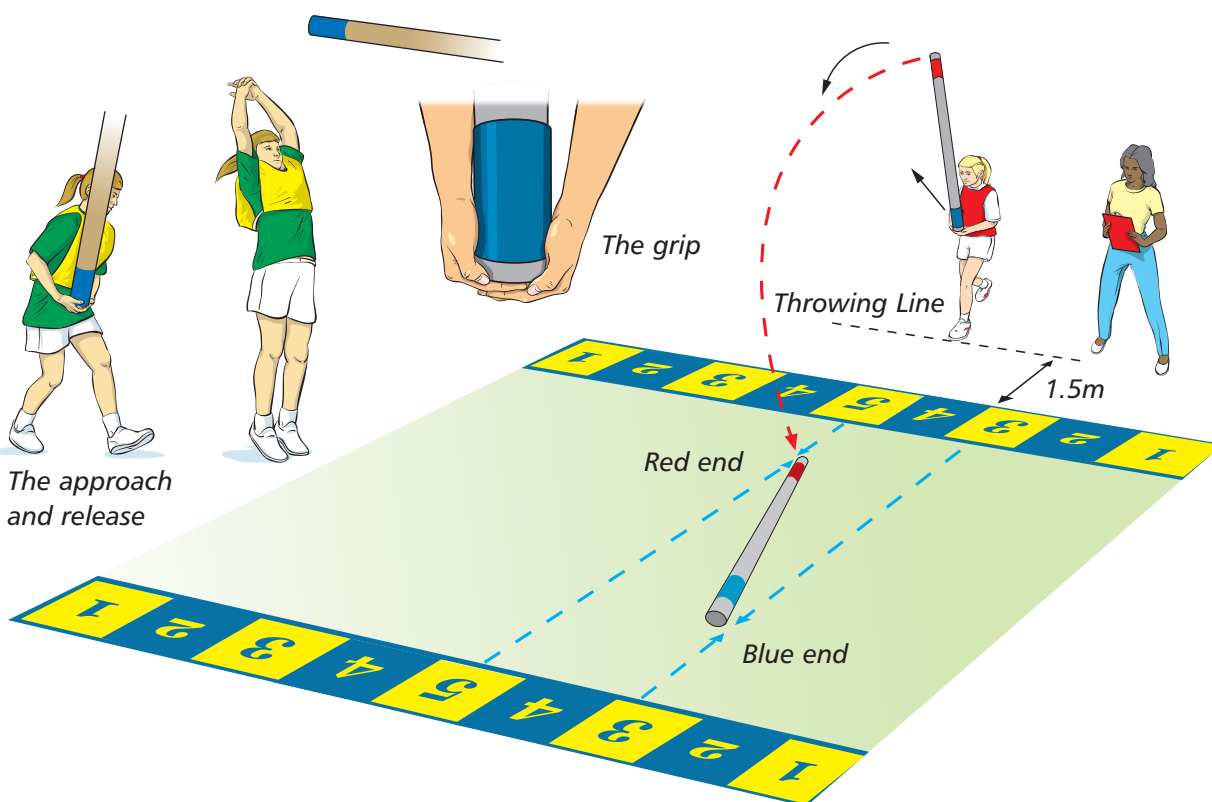
This is a children's adaptation of the traditional Scottish event. It is a test of accuracy, balance and coordination.

AIM

The caber contest calls for accuracy and not distance achieved. The aim is to flip the caber end over end so that it lands at right angles to the throwing line and in the centre of the target area.

EQUIPMENT

Caber Scoring Mat
Foam Caber (for indoor events) or
Wooden Caber (for outdoor events)



INSTRUCTIONS

- Hold the blue end of the caber in cupped hands, arms should be straight down, the caber rested on the shoulder.
- The caber should be tossed over the red end so that it lands with the blue end furthest from the throwing line.

SCORING

- Direction scores and not distance - there is no penalty for over stepping the throwing line.
- Mark the points where both ends of the caber first land. Line these points up with the numbers on the scoring mat, add these together to get the score for that throw.
- The score in the above diagram would be - $5 + 3 = 8$ points
- Each participant has three throws. Summate the three throws to get the total score.
- A score of 30 is therefore a maximum.

TIPS

For Participants

- Take three to four steps towards the throwing line, push the caber forward with shoulder and upwards with arms and hands.

For Judges

- Ensure the participant is holding the blue end before the throw.
- Allow the participants a practice throw before the test.



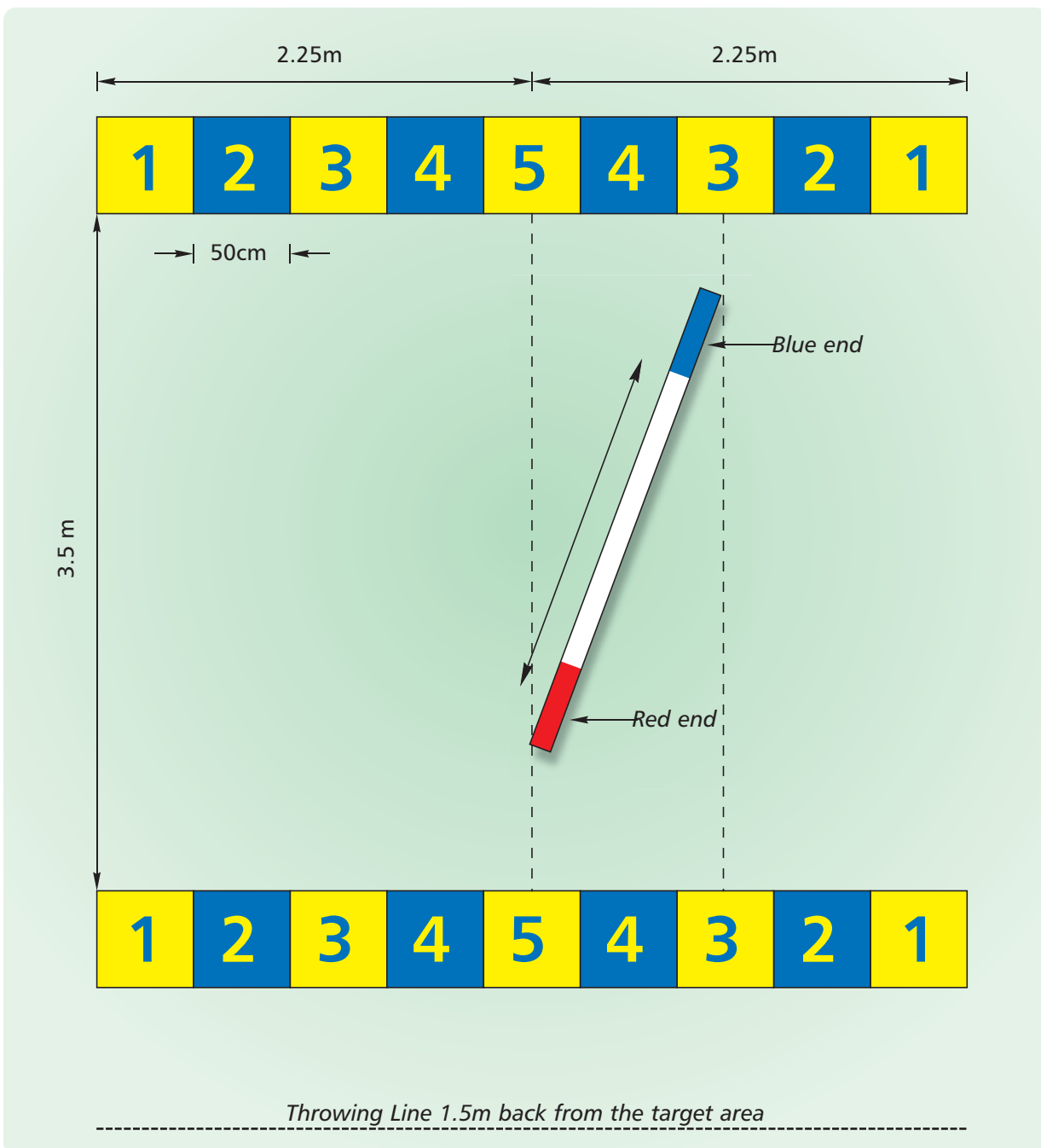
SAFETY



- Ensure that the throwing area is clearly defined and correctly supervised.

CABER

A WOODEN CABER - OUTDOOR				B FOAM CABER - INDOOR			
Caber	Length (ft)	Approx Weight (Kg)	Age Group	Indoor	Length (ft)	Approx Weight (Kg)	Age Group
SIZE 1	8	5.2	Under 11 years	SIZE 1	7	2.8	8-13 years
SIZE 2 / 3	8 8	6.8 9.2	Under 13 years				



HIGHLAND STEPS

DESCRIPTION

This activity requires rhythm, agility, speed, endurance and clear thinking.

The exercise can be quite confusing and is not as easy as it appears.

AIM

To complete as many full cycles as possible in 30 seconds.

EQUIPMENT

- Highland Steps Mat
- Stopwatch



FOAM
WEDGES
10cm high

BASE MAT SIZE
1.23m x 1.20m
It is a folding mat

TECHNIQUE

Step over the wedges one foot followed by the other so both feet have impacted with the floor in each section.

Follow the sequence 1, 2, 3, 4 for 30 seconds.

SCORING

Points are only scored by completing a full cycle (through 1, 2, 3 and 4).

After 30 seconds the full cycles are counted as the participants score.

RULES

- 1) Both feet must land in each section of the Highland Steps Mat.
- 2) The sequence must be 1, 2, 3, 4.
- 3) If the participant stands on the wedge then they can either return to space number one or the space before the error occurred and continue. If they do not and continue the cycle will not count.



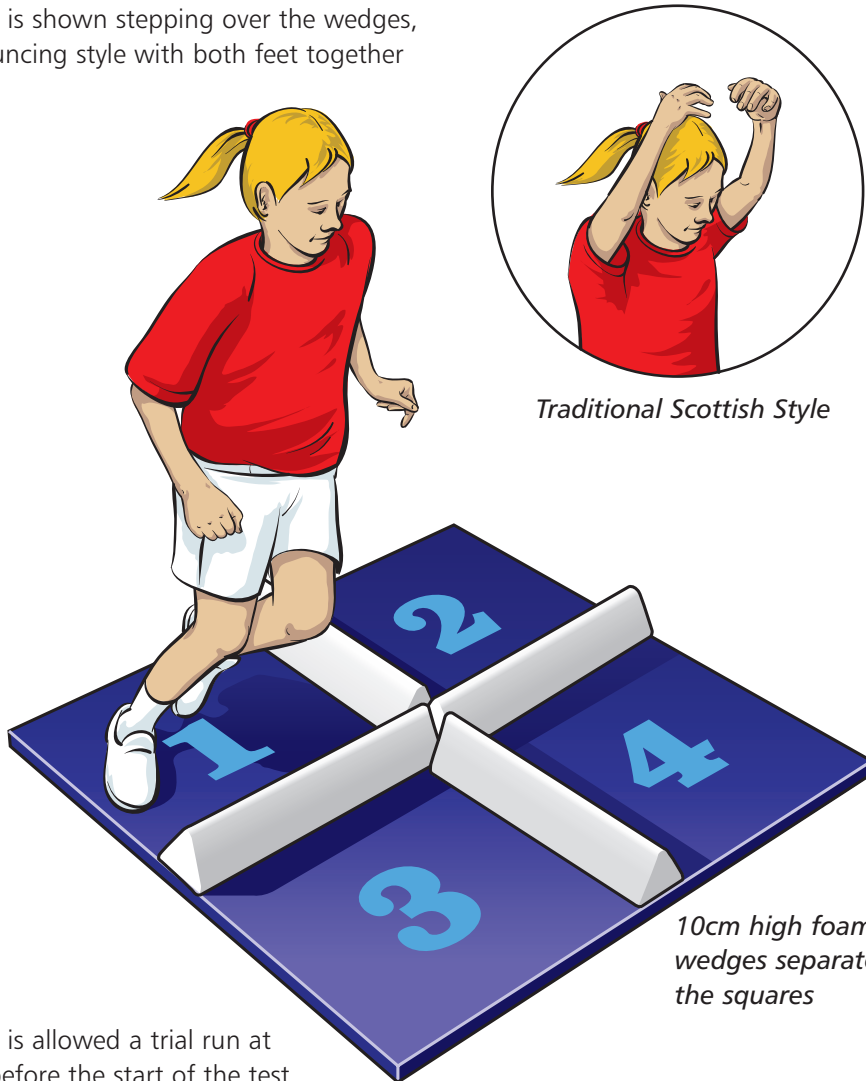
SAFETY



- Ensure the mat is dry before allowing a participant to begin.
- Be vigilant to avoid tripping over on a wedge whilst travelling quickly.

HIGHLAND STEPS

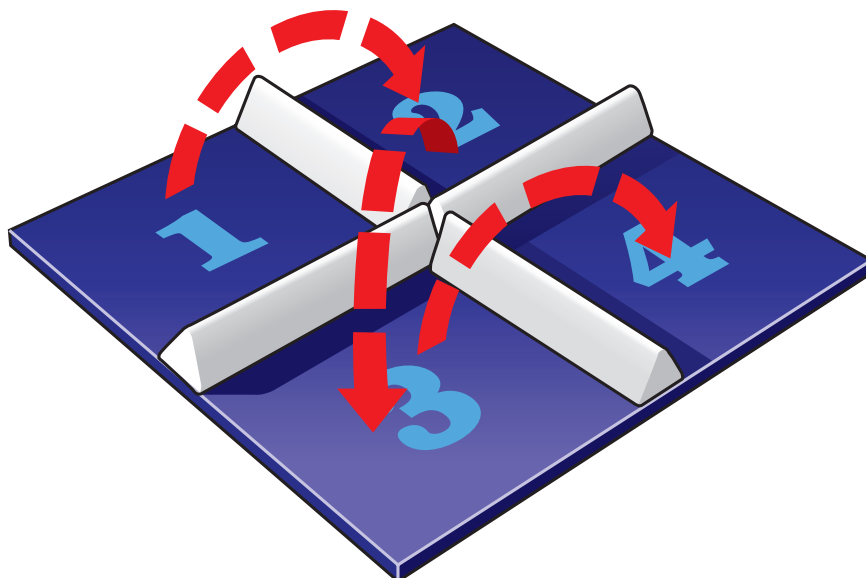
The participant is shown stepping over the wedges, although a bouncing style with both feet together is permissible.



The participant is allowed a trial run at the sequence before the start of the test.

SEQUENCE

Both feet to land in each segment before moving on.





Welly THROW!

What you NEED:

This game is inspired by the hammer toss where participants take a hammer (a heavy metal ball on a pole) and spin around with it before letting it fly as far as possible.

Don't worry you will not need to do this, a good old size 8 welly will be good enough to test your throwing skills.

- **WELLY** - a knee-length boot could also be OK (check with the owner before using it!).
- A starting line - created with chalk, string or cones.
- Markers - create with chalk, string or cones.



01 Get yourself a welly!



02 Each player takes a turn to stand at the starting line and grabs the welly with both hands.



03 Either by spinning or by holding the welly in-between your legs, throw it as far as you can without stepping over the line.



04 The one who throws the welly the furthest wins!

To make more it challenging, you might want to make players face away from the starting line and throw the welly backwards over their head!

THE WELLY THROW

DESCRIPTION

Throwing the welly is not as easy as it first appears and the range of Wellington boot shapes and sizes is vast so it is a matter for the organiser to select a welly of the size and weight which they consider appropriate. The event is intended to be held out of doors using a large area for safety.

INDOOR COMPETITION

This event is only suitable for inclusion indoors if held in a large arena.

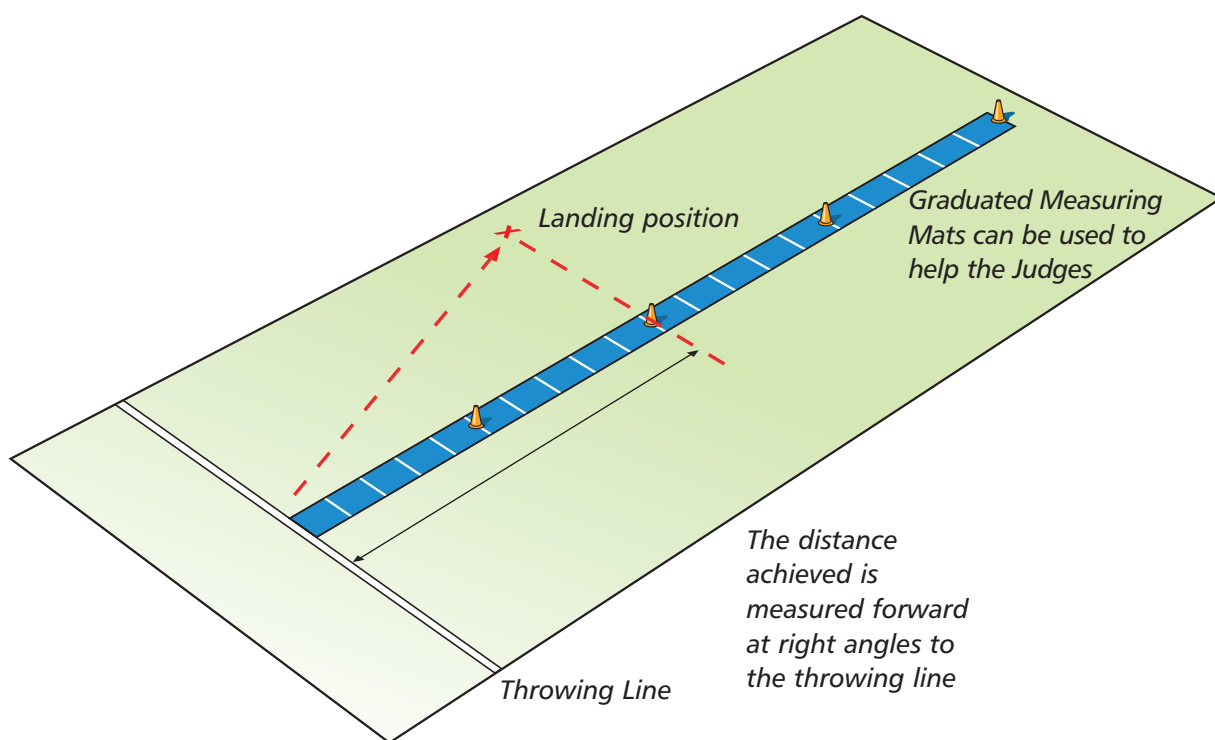
AIM

To throw the welly as far as possible in a forward direction.

EQUIPMENT

For guidance we would suggest for children aged between 8 years and 13 years of age a size 6 welly boot (UK size) or a size 7 welly boot (American size) would be suitable.

The use of Graduated Measuring Mats reduces the time required to less than half of that when using a tape measure.



The event is measured as a linear throw.

TECHNIQUE

The welly can be thrown standing or with a turn, but an under arm throw normally proves easier and safer for young children and novices.

SCORING

Use a Graduated Measuring Mat to measure the throw to the nearest 0.25cm. There should be no sector marks as throwing in a forward direction is encouraged.



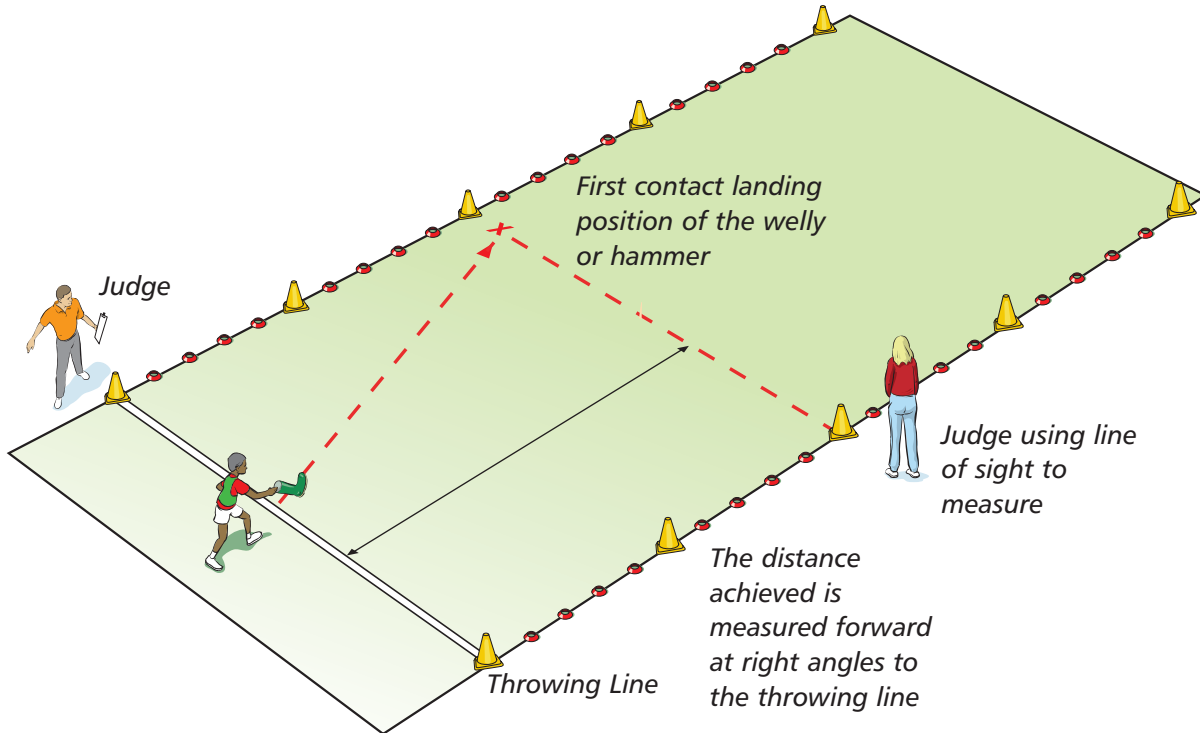
RULES & SAFETY



- Throwing should only be allowed under supervision.
- The welly must be released in the direction of the throw.
- The participant must throw from behind the throwing line.
- Keep other participants behind the throwing line and clear of the thrower.

A THROWING AREA

This arena layout can also be used for the other throwing events such as Throwing for Distance



The under arm throw is the easiest for a child to master

ENJOY your
Highland
Games!

