

Contents

Part 1.	11
I. Introduction	13
II. Outdoor sports and outdoor education	14
Wider connections of outdoor sports	14
Educational concepts of outdoor sports and activities	14
Experiential learning and education	14
Education based on adventure	16
Outdoor education	18
Outdoor activities	20
III. Presumptions of functional application of outdoor activities	24
Types of programs	24
Some principles for creating programs	25
Reviewing	27
Levels of reviewing	28
Conditions of a successful review	28
The rules of leading a reviewing	28
Effective process of learning new skills	30
Didactic rules	30
Safety rules and principles	31
Ideas for creating internationally applicable safety rules	31
The principles of prevention of dangerous situations and lowering risk	32
IV. The empire of games	34
A trip to the world of theories	34
What is a game?	35
Discovering the meaning of outdoor games and activities	35
Forms of games	36
Inspiration for dividing games in this book	37
V. Preparation and leading of outdoor games	38
Participants' agreement with a program and rules	38
The personality of a leader	38
A role of a leader	38
The style of leader's work	39
The work of a leader	39
Personal growth of a leader and his abilities	39
Placing a game in a program	39
Optimal game sequence, and their dramaturgy	40
The choice of a proper game	40
Rules of successful realization of a game	40
Dividing players into teams	40
Selection of the first game	41
Presenting games	41
Rules	42
Creativity in modification of games	42

Game course	43
What can interrupt a good course of a game?	43
The last game.....	44
Game files	44
Selection of activities that proved well	44
Protecting the nature	44
Safety	44

Part 2. 47

I. Icebreakers 49

International meeting.....	50
Names.....	51
Dance on a log.....	52
Quick autobiography	53
Human bingo.....	54
Who is missing?.....	55
A step forward	56
Compulsory choice.....	58
My coat-of-arms.....	60

II. Warm-up and contact games 61

Aura	62
Contagious laughter	63
A blind row	64
Noah 's ark.....	65
Everybody up.....	66
Mission: "gluteus".....	67
Geometer	68
Three against one.....	69
Tunnels.....	70
Leap over, crawl under, run around	71
Catterpillar	72
Sitting circle.....	73
Gordic knot	74
Vampires.....	75
Human roll	76
Moving sidewalk.....	77
A blind sculpturer.....	78
Fish and fishermen.....	79
Molecules	80
HU-TU-TU.....	82
Dragon's fight	84

III. Silly tricks and funny competitions 85

Lift your bottom.....	86
Popsicle push-ups	87
Race of crayfish	88
Wheel barrow	89
Frog	90
Turtle.....	91

Grasshopper.....	92
Siamese's twins.....	93
Jump-rope	94
Capture the flag	95
Hoops and tires.....	96
Tires	97
Races in bags.....	98
Slalom in the ladder	99
Bull's heart.....	100
Silly game	101
IV. Trust games.....	103
Way through the darkness.....	104
A Circle of trust (Trust push)	106
An Eagle.....	107
Levitation	108
Human ladder.....	109
Trapeze somersault.....	110
Transporter	111
Pendulum.....	112
Falling in a pair	113
Trust fall.....	114
Trust dive	116
Corridor of trust	118
Trust run.....	119
V. Initiative and team games.....	121
Big hand.....	123
Body logistics.....	124
Explosive.....	125
Pyramid	126
Monster	127
An Island.....	128
Traffic jam.....	129
From there to here	130
The wage of fear	131
Magical carpet	132
Balance search.....	133
Boardwalk	134
Reef knot	135
Rebirth tire.....	136
Water carriers.....	137
Blind square.....	138
Spider web.....	140
Atomic bomb.....	142
Electric fence.....	144
Safe tree	146
Giant's ring	147
Hogan's house	148

Crossing the river	149
The Beam.....	150
The Wall.....	152
Building a raft	154
Keyboard	155
Maze.....	156
Eating together.....	158
VI. Games that develop communication and cooperation	159
Body alphabet	160
Engineers – supervisors – workers	161
Pass the message	162
Building a tent blindfolded.....	163
Sheep and shepherd.....	164
An escape from a maze	165
Night line.....	166
Aerial plan	168
VII. Enviromental games	169
Forest polution	170
Big search	171
Stocktaking.....	172
A Botanic expert	173
Voices of the nature.....	174
Animal dumb show	176
A Window of the Earth	177
Eco memory	178
Human camera.....	179
Fragrance game	180
Touch exploration	181
Earth contact.....	182
Timberphone.....	183
Find your tree.....	184
Meditation in the nature.....	185
Part 3.	189
I. Overcoming obstacles.....	190
The conveyance of outdoor experience into the practical life	190
Seeking the roots.....	191
II. Rope courses.....	194
Introduction to rope course constructions.....	196
Wooden elements and bolts for wood.....	199
Climbing and working ropes	202
Other belay device.....	203
Belay device.....	204
Rope knots, tyings and stretching	206
Stretching ropes	209
Safety	211
Qualification for instructors of rope course.....	214

Experiential education, challenge education	214
Preparation and course	214
Practical skills and technique.....	214
Guiding skills	215
Mastering safety rules.....	215
Interest in further training and communication	215
Follow the ethics and protect the environment.	215
Experience and praxis.....	215
Periodical training	215
Newly constructed adventure environment.....	216
Part 4.	219
I. Outdoor exercises	220
Forrest slalom	222
Bears.....	223
Tree climbing	224
Throws and puts	226
Log relay	228
Flying burden.....	229
A log on shoulders.....	230
Vertical log	231
Pole vault.....	232
Swinging.....	233
Monkey trail.....	234
II. Low obstacles	235
An oblique log	236
A moving log.....	238
Climbing up a rope	240
Climbing with pegs	242
Cross passage	243
"Pulling" traverse	244
Loose rope cross	246
Dangerous X	247
Mohawk's passage	248
Wild "V"	250
Run-away ropes	251
A Kitten	252
Commandos.....	253
Low maneuver.....	254
Liana	256
Barma bridge	257
Tire traverse.....	258
Swings	260
Horizontal ladder.....	261
Devil's ladder	262
Trapeze jump	263
Daddy's round	264
Low swings	265

A Big Reel	266
Jumping down	267
III. High obstacles	268
Boxes to heaven.....	269
Climbing with using prusik knots.....	270
Rope ladder	271
A Place Up	272
Giant ladder.....	273
Jacob´s ladder.....	274
Spiderworks	276
A high log	278
Barma bridge	279
Tyrol traverse.....	280
Moving logs.....	282
Trapeze jump	284
Big loops.....	286
A Flying fox	287
Bibliography.....	291