



Let the **GAMES**
BEGIN!

Now you've got yourselves ready, it's time for the fun to begin! Each activity is based on a real Highland games event and will test your strength, speed and stamina.

Let's find the top **CLANSMAN**
or **CLANSWOMAN!**



How to **PLAY?**

You can compete as individuals or in teams. Some events will require individual players to pair up to make a team.

For team play, some events will involve players competing in duels individually.

How to **DUEL?**

Each team chooses a player to have a duel. The players will each have a go at the event and one will win. Keep picking players to duel until everyone has had a turn. The team who win the most duels is the overall winner of this game.



Sheaf TOSS!

What you NEED:

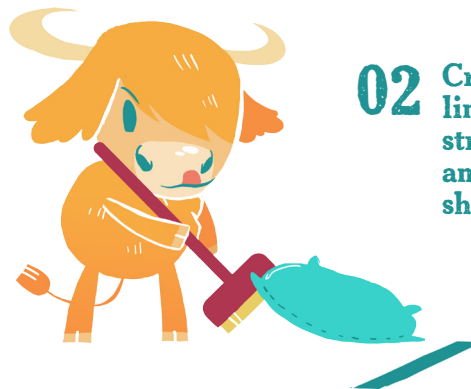
When played at Highland games, competitors have to try and get a filled bag, or sheaf, over a high bar using only a pitchfork. But in our version we have changed the rules a little bit.

Instead of seeing how **HIGH** you can toss your sheaf, let's see how **FAR** you can toss it.

- A pole - such as a broomstick.
- A sheaf - stuff a pillowcase or sack with something soft, such as clothes, straw or wool.
- A starting line - made using a piece of chalk, string or ribbon.
- A marker - something to mark spots on the ground, such as a piece of chalk, plastic marker cones or stones.



01 Get yourself a pole or a broom and a homemade sheaf!



02 Create a starting line with chalk, string or ribbon and place your sheaf at it.



04 Mark the spot where it landed. Let the next player take their turn. You each have two turns and the one who tosses it the furthest, wins!

03 Taking turns, try to lift up the sheaf and catapult it into the air so that it goes as far as possible. Just don't step over the line, as your toss will not be counted!





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:

- 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.

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.



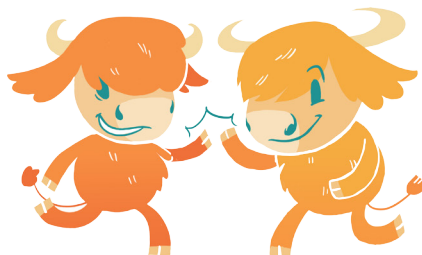
01 Fix your divider to the centre of the rope.

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.





Haggis HURL!

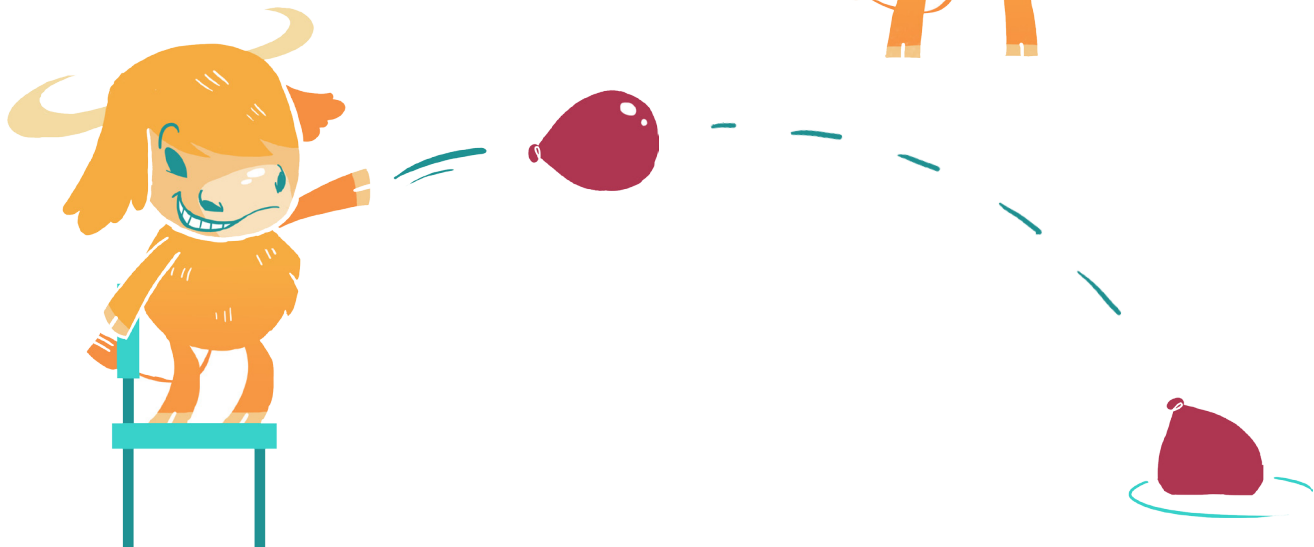
This event at the Highland games involves seeing who can throw a weight the furthest, but many Highland games also include a similar fun event called haggis hurling.

The aim of the game is to throw it the furthest without bursting it. Have a go with your own haggis!

What you NEED:

- A HAGGIS - balloons filled with water, bean bags, or sandwich bags filled with rice. Make sure the weights and the items are the same.
- A starting line or a chair. Usually this is played from an elevated position, like on top of a barrel or a chair. Just make sure it's safe and an adult is keeping it stable.

- 01** Fill your balloon with water! You can also use bean bags or sandwich bags filled with rice. What ever you choose, just make sure everyone has the same thing.



- 02** Step at the starting line, or on the chair/barrel/box and throw your “haggis” as far as you can without bursting it.

- 03** The team/player who throws it the furthest and keeps it intact wins. If they all burst - no one wins!



Welly THROW!

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.

What you NEED:

- **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!



Caber TOSS!

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?

What you NEED:

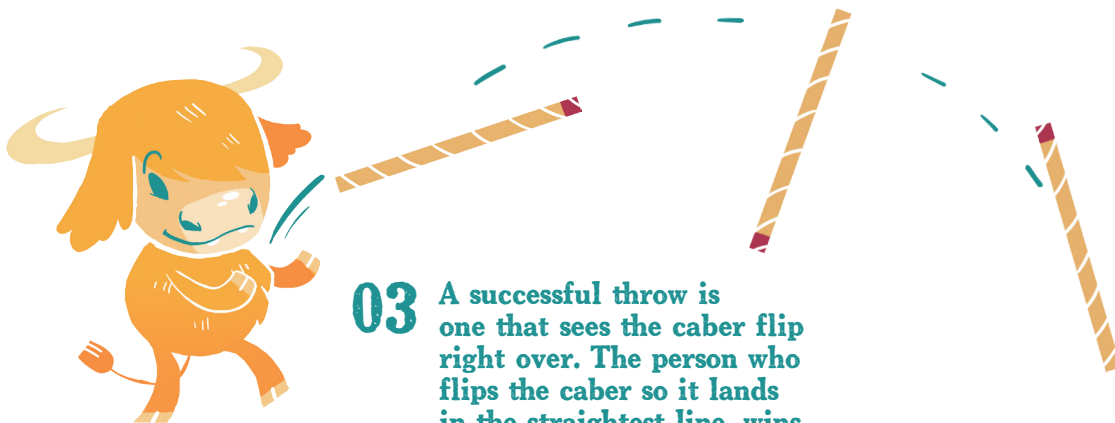
- A 'CABER' - something long, such as a foam swimming pool noodle wrapped in paper, a roll of carpet, or a wide cardboard tube. You can create your own from whatever you like. But remember to mark one end so you can be sure if it has flipped.
- A starting line
- Markers to show where it landed.



- 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.



Take the
GAMES
further!



If you're still full of energy and want to add more games in the mix, try Track and Field!

There's a long history of Track & Field activities being part of Highland games, so why not add some of them to your home-made games as well!

Here's some **SUGGESTIONS:**

- sprint
- three-legged race
- long jump
- short cycle
- relay race
- make up your own one!