

Knolls & Depressions

At home
orienteeing
resources



Knolls & Depressions is an outdoor activity that is:

- Physical – improves your fitness and agility by running shuttle runs up & down the garden (or indoors in a big room/hall)
- A game for 2 players (or 2 teams)
- For all ages
- Fun and very competitive!



Equipment needed:

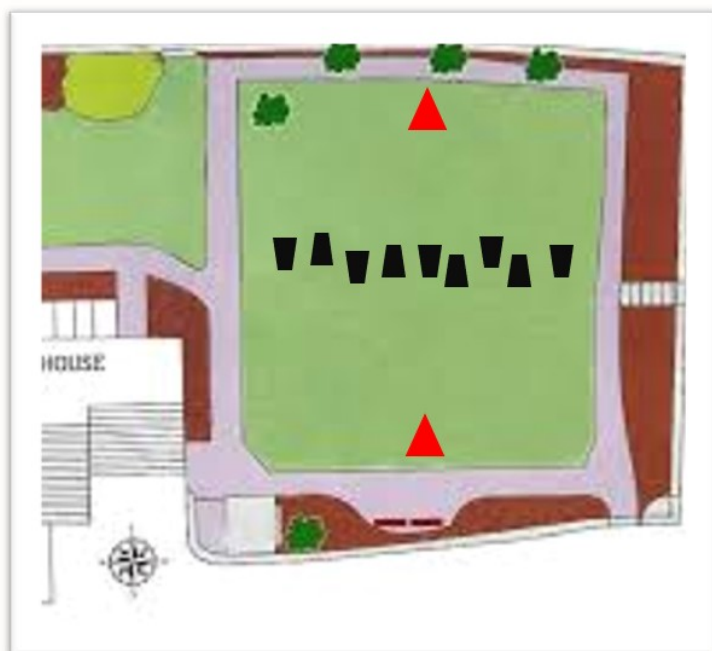
- An even number of plastic plant pots – about 8-10 will do (alternatively you could use plastic plates or cones)
- A Stopwatch (optional)

Set up (2 minutes):

- Place plant pots on the ground in the middle of the garden – placing half the pots the normal way up (depressions) and the other half place upside down (knolls)
- Start players (teams) at opposite ends of the garden – you could use an object for them to start at and run round e.g. a bucket

How to play:

- Set a time for the game (1 minute)
- Decide which player (team) will turn knolls into depressions and the opposing player (team) turns depressions into knolls
- 3-2-1-Go! A single player from opposing teams runs to the middle of the garden and turns over a plant pot before returning to the start
- Return immediately to the middle again to turn another pot over. If there are teams, players will take turns in a relay
- The player/team with the most pots turned over in the set time wins!



Handicap:

- Rather than centre the pots in the middle of the garden place the plant pots closer to the younger/slower player

Variation:

- Rather than centre the pots in the middle of the garden, scatter them around