



**FELLOWSHIP OF  
CHRISTIAN  
ATHLETES**

# FCA Games Document

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# No Supplies/Preparation Needed

## 1. Mass Rock, Paper, Scissors (<https://www.youtube.com/watch?v=Gm4fUtrgSvc>)

- Everyone finds a partner and plays Rock, Paper, Scissors — best 2 out of 3.
- The winner advances. The loser becomes that winner's cheerleader.
- Winners find another winner and play again (best 2 out of 3).
- Any time you lose, you join the cheering section of the person who beat you.
- Cheerleaders stay with their player and cheer them on in every round.
- Rounds continue until there are two players left, each with a group cheering for them.
- The final two play best 2 out of 3 while the whole room cheers.
- The final winner is the champion.

## 2. Line-up Game (<https://www.youtube.com/watch?v=e6vV2oRALOY>)

- A group of people has to line up in a specific order based on the topic of the round
- Divide into even teams to compete against each other by lining up correctly first
- Some rounds, players aren't allowed to talk; they must use gestures or signs
- Other rounds, talking is allowed (mix up talking vs non-talking rounds to keep it interesting)
- The goal is to line up correctly and quickly

The order can be based on topics like:

- Birthday (January to December)
- Height (shortest to tallest)
- Alphabetical order of names
- Shoe size or age
- Number of siblings or pets

## 3. Telephone ([https://www.youtube.com/watch?v=USuU2\\_QJ-kE](https://www.youtube.com/watch?v=USuU2_QJ-kE))

- Organize the people into single-file lines
- Whisper something odd/weird/funny (and appropriate) into the ear of the first person
- Each person whispers to the person behind them what they believe the previous person said
- The last person in line reports what they believe the secret word/phrase is
- The team with the closest guess wins

## 4. Zippity Do Da, Zippity Yea, What a Wonderful Day

- Students stand or sit in a circle with one person in the center.
- The student in the center points a finger at one of the students in the circle and says, "Zippity do da, zippity yea, what a wonderful day."
- Before they have finished saying this, the student whom they are pointing at must call out the name of the player to their right.
- If they do not call out a name because they cannot remember it, they switch spots with the person in the center of the circle.
- If the student does call the correct name of the person to their right, the person in the middle has to try again with someone else.

### 5. Close, Far, Clap (<https://www.tiktok.com/@spumcstudents/video/7560718678828879118>)

- Instruct students to partner up and face each other
  - One student will put their hands together directly out in front of them
  - The other student will put one hand on either side of the other student's hands without touching them
  - The leader will call out "Close", "Far", or "Clap"
  - If "Close" is called, the student with their hands outside the other student's hands will move their hands close without touching the other student
  - If "Far" is called, the student with their hands outside the other student's hands will hold their hands out wide
  - If "Clap" is called, the student with their hands outside the other student's hands will try to hit the hands of the other student
    - The other student will try to move their hands out of the way to avoid getting "Clapped"
  - Example of "Close", "Far", "Clap" calling sequence:
    - Close, Far, Close, Far, Far, Far, Close, Close, Far, Close, CLAP!
  - Allow both students to attempt to "Clap" before switching partners (switch partners every 2 rounds)
  - Instruct students to keep track of how many times they have successfully "Clapped" another student's hands
  - The winner is the student who has the most successful "Claps"
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### 6. Clap at the Same Time (<https://m.youtube.com/watch?v=5SgHRHi8dRI>)

- Arrange the students into groups of 6+ people and have them stand in a circle
  - The game will begin when one student makes eye contact with another student in the circle and claps once
  - The other student must clap at the same time as the first student while making eye contact with them
  - The other student will then make eye contact with someone else and clap at the same time as them
  - The clap will be passed from one student to another using eye contact and clapping at the same time
  - The goal is for the clap to be passed as quickly as possible without mistakes
  - There is no winner to this game; it is more of a fun icebreaker that gets people moving
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### 7. Watermelon

- All students get into a circle
  - The goal of the game is to pass a slurping watermelon around the circle
  - To pass to the person on the right, use the left hand to swipe across the mouth while making a slurping sound
  - To pass to the person on the left, use the right hand to swipe across the mouth while making the slurping sound
  - To skip the person in the direction the watermelon is moving, swipe your hand straight upward in front of your mouth
  - Play continues with people getting out as they miss their turn or take a turn at the wrong time
    - If someone even flinches when it is not their turn, they are out
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## 8. Mount, Knight, Chariot

- Instruct the students to create teams of two
  - Identify a caller (teacher, leader, or FCA staff)
  - They must call "mount", "knight", or "chariot", and the students do whichever is called
    - Mount- one partner jumps on another's back
    - Knight- one partner kneels while the other sits on his/her knee
    - Chariot- one person jumps into the other's arms
  - The last set of partners to get into position is out
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## 9. Fruit Basket Mix Up (<https://www.youtube.com/watch?v=g0UEvgzWOGs>)

- Everyone in the group sits in a circle and is assigned a fruit (choose 2-4 fruits depending on the size of the group)
    - One student will be assigned a fruit, but no chair in the circle
    - They will start in the middle
  - The student in the middle will call out a fruit
    - The caller can say 1 fruit, multiple fruits, or fruit basket mix up where everyone has to switch seats
  - Everyone assigned to the called fruit(s) has to switch seats
  - The student in the middle must find an empty seat before they are all filled
  - Whoever does not switch seats in time or find a seat is out
  - Remove one chair from the circle and choose a new person to be in the middle
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## 10. Musical Chairs

- Create a circle of chairs with one less chair than the number of students playing
  - Play Christian music as the students walk around the outside of the circle of chairs
  - When the music is paused, students must sit in an open chair
  - The student who is still standing and could not find an open chair is out
  - Remove one chair with each player who gets out
  - Continue this process until there is 1 person left
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## 11. Ninja ([https://www.youtube.com/watch?v=8\\_8qqv5BiuA](https://www.youtube.com/watch?v=8_8qqv5BiuA))

- Everyone stands in a circle
  - The goal is to take out the other players' arms by ninja chopping them below the elbow
  - One person starts the game by making their offensive move
    - They can only do one solid movement
    - The person they are aiming for can make one defensive movement to avoid getting hit
  - If the offensive player hits the person below the elbow, that arm is out and must be put behind their back
  - Once both arms are out, the student is out
  - The last student remaining wins!
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## 12. Clap Simon Says

- Choose a leader to clap (student, FCA, or teacher/sponsor)
  - Have all students stand up
  - The leader will begin to clap in a steady rhythm
  - The students will begin to clap at the same cadence as the leader
  - When the leader changes their cadence/tempo, so does every one in the room
  - Eventually, the leader will do a fake clap
    - Anyone in the room who does a real clap when the leader fake claps is out and will sit down
    - Anyone who didn't clap continues playing
  - The leader will complete the same process by mixing up their clap rhythms and fake claps until one person is left as the winner
  - If two people are left and they both get out play rock paper scissors for a winner
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## Some Supplies/Preparation Required

### 1. **Head, Shoulders, Knees, CUP** ([https://www.youtube.com/watch?v=CK\\_sWXbRS8Y](https://www.youtube.com/watch?v=CK_sWXbRS8Y))

- Instruct students to find a partner and face each other
  - Place a plastic cup between each duo
  - Identify a caller (teacher, leader, or FCA staff)
  - The caller will give the command that each student must do (“Head”, “Shoulders”, “Knees”, “Toes”, or “Cup”)
    - Students will touch their head, shoulders, knees, or toes with both hands based on what is called
  - Example of “Head”, “Shoulders”, “Knees”, “Toes”, or “Cup” calling sequence:
    - Head, Shoulders, Toes, Knees, Toes, Knees, Shoulders, Head, Shoulders, Knees, CUP!
  - The student who gets the cup is the winner
  - The winner will find another winner and compete against them in the following round
  - The student who does not get the cup is out
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### 2. **Trashketball**

- Place trash can(s) in a set location across the room
  - Choose a place in the room where students must stand behind to shoot
  - Students will get in a single-file line with a paper ball in their hands behind the shooting line
    - Break into 2+ lines with more people (1 trash can per line)
  - Students will shoot their paper ball to earn points
  - After a student shoots, they will get their ball and go to the back of the line
    - 1 make = +2 points
    - 1 miss = -1 point
  - After 3 shots per person, tally the points and decide a winner
  - The student with the most points wins!
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### 3. **Heads or Tails**

- Search “Coin Flip Simulator” on Google
  - Connect to a screen that is visible to all students
  - Students will choose whether the flipped coin on the screen will be heads or tails
    - If they choose heads, they will stand straight up with their hands above their head (shape of letter “I”)
    - If they choose tails, they will sit in a squat with their hands out in front of them
  - Once all students have chosen and are in position, flip the coin on the screen
    - If the students guess wrong, they are out and must sit down
    - If the students guess right, they continue to the next round and keep guessing
  - The last student remaining wins!
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#### 4. Clap on Dribble

- Identify a dribbler and give them a ball (teacher, leader, FCA staff)
  - Have students stand
  - Every time that the dribbler dribbles the ball on the ground, the students must clap
    - If a student claps when the ball is not dribbled, they are out and must sit down
    - If a student does not clap when the ball is dribbles, they are out and must sit down
  - The final student standing wins!
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#### 5. People Bingo

- Everyone receives a bingo card with different facts or descriptions in each box
  - Move around the room and talk to people to find someone who fits a description on your card
  - When you find someone who fits a box, have them sign that box
  - Each person may sign only 1 box (you may not sign your own card)
  - Yell “Bingo!” when you complete a straight line (horizontal, vertical, or diagonal)
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#### 6. Find Someone Who.... (Similar to People Bingo and Box Game)

- Hand out one “Find Someone Who” sheet to each person
  - Everyone stands up and moves around the room
  - Introduce yourself before asking questions
  - Find someone who fits each statement on the sheet
  - Write that person’s name on the line
  - Each person can only be used once
  - Encourage talking to people you don’t already know
  - The first person to complete all lines wins (5 minute time limit)
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#### 7. Personal Trivia

- Give each person a note card and something to write with
  - Instruct them to write down a cool skill they have, a fact about themselves, or a place that they’ve been
  - Collect all the cards and shuffle them
  - Read each card aloud and let the group guess who wrote the card
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#### 8. Rock, Paper, Scissors Race (<https://www.youtube.com/watch?v=3mUuvdKFfmk>)

- Break the group into two even teams
  - Place construction paper down on the floor in a half circle
  - Line each team up at the ends of this half circle of paper
  - One person from each team will hop on the paper until they meet
  - They will play rock, paper, scissors until there is a winner
  - The winner advances, and the loser goes to the back of their original line
  - The game is over when one team completely gets to the other side
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## 9. Back Draw

- Split the group into even teams
  - Give everyone a piece of paper and a pen/marker
  - Each team will be in a single-file line facing the back of the person in front of them
  - The person in the back of the line will be secretly told something to draw by the leader
    - Ex: cat, dog, book, tree, bike, fish, etc.
  - They will use the back of their teammates to draw a picture on the piece of paper
  - Each person in front of them will try to draw the same picture that the person behind them is drawing based on what they feel on their back
    - Talking is not allowed!
  - The team that has the most accurate drawing or who can guess what you said to draw is the winner
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## 10. Box game (Similar to Find Someone Who... and People Bingo)

- Create a box grid graphic and write prompts in each box
    - Ex: has been out of the country, knows more than one language, has a food allergy, is an only child, etc.
  - People then go around the room and try to fill their grid with signatures of people to whom the box prompt applies
  - First one to complete it wins. (Depending on group size, you can establish further rules such as—individuals can only sign one box of someone else's, you cannot sign your own, the adults don't count as players, and so on.)
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## 11. Who Am I?

- Write the name of a famous person or well well-known character on the back of a 3x5 note card
  - Do this, using a different name, for enough note cards for the number of people present
- Tape a note card to the back of each person participating.

### Game Start

- Each person goes to someone else to ask a "Yes" or "No" question to try to figure out the identity of the person whose name is on the note card on their back
    - Only one question may be asked of someone before going to someone else to ask the next question
    - All questions must be answered with "Yes" or "No"
  - Once someone thinks they know the name on their card, they ask someone, and if they are correct, they take a seat
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## 12. Soccer Ball Line

- Divide students into 2 even single-file lines (sometimes fun to do girls vs boys or young kids vs old kids)
  - The leader of each line begins with a ball
  - The goal of the game is for the ball to reach the back of the line then get rolled back up to the front of the line through the legs of each member in the line
  - Different combinations must be used to get the ball to the back of the line
    - Students must not repeat how another student passed the ball to the next person
    - Examples: over head and under legs, pass to the right and pass to the left, right hand to the left and left hand to the right, etc.
  - Lines are racing to get the ball to the back of the line then rolled back up to the front
  - Line that has the leader hold their ball up in the air first wins (best 2 out of 3)
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# Icebreaker Questions

Begin by asking students one of these questions

Have students raise their hand in the air and high five someone they don't know

They will then tell each other their name and answer the question that was asked

Repeat this 3+ times with different questions

- If you could go anywhere in the world, where would you go?
- If I gave you \$10,000, what would you spend it on?
- If you could watch your favorite movie now, what would it be?
- If you could talk to anyone in the world, who would it be?
- If you could wish one thing to come true this year, what would it be?
- If you could live in any period of history, when would it be?
- If you could change anything about yourself, what would you change?
- If you could be someone else, who would you be?
- If you could have any question answered, what would it be?
- If you could watch your favorite TV show now, what would it be?
- If you could have any kind of pet, what would you have?
- If you could do your dream job 10 years from now, what would it be?
- If you had to be allergic to something, what would it be?
- If you sat down next to Jesus on a bus, what would you talk about?
- If money and time were no object, what would you be doing right now?
- If you had one day to live over again, what day would you pick?
- If you could eat your favorite food now, what would it be?
- If you could learn any skill, what would it be?
- If you were sent to live on a space station for three months and only allowed to bring three personal items with you, what would they be?
- If you could buy a car right now, what would you buy?