



suvictoria 
EXTREME
GAMES *Extreme Life*

Need something new, something big, something different?

Why not check out SU Victoria's **Extreme Games** for a day filled with oversized **ACTION, FUN** and **EXCITEMENT** blended with **COMMUNITY** and **FRIENDSHIP**.



SU's Extreme Games Program is....

- **Challenging and Fun:** Even the least active of students can enjoy these activities. School staff are also invited to be involved in the games, and to encourage students through the challenges.
- **Different:** A unique suite of activities are offered including giant boxing, sumo wrestling and Zorbing.
- **Educational:** An intentional strategy to build resilience, teamwork and personal development
- **Memorable:** It is our aim that the students will leave remembering the positive experience.
- **Cost effective:** Costing between 8-15 dollars per head. On site delivery means no transport costs or travel time.
- **A great year starter:** Great recreational and community building activity for either commencement or end of year or term.

In the past schools have requested **Extreme Games** as a tool for encouraging team work, assisting students to manage transition, building connection and relationship amongst students, and to encourage physical activity as part of health and wellbeing programs.



Bendigo Senior Secondary College was delighted to have SU Victoria's Extreme Games at our annual pool party. Our students thrilled at the challenges set so much so that Elevate will now be a permanent fixture of this important day in our school calendar. I have no hesitation in recommending SU's Extreme Games as being fun, challenging and safe.

Angie Pollock
Pathway Program Coordinator
Bendigo Senior Secondary College

Our Activities include:

Giant Boxing

Students strap on our Giant Boxing Gloves and enter into boxing bouts. The size of the gloves disperses the punching power, but not the fun. The aim is to force your opponent out of the ring, so tactics rather than strength are the key to this activity.



“Zorbing – where else can you ‘be the ball’?!”

17 year old student

Sumo Suits

Students suit up in tyre tubes strapped together, and engage in Sumo wrestling. Similar to the Giant Boxing, it’s all about tactics.



Basher Poles

Students are paired up, each given a padded “Basher Pole” and must aim to push and nudge their opponent off of balance from the narrow line or low balance beam.

Heaps of padding and protective gear makes these three activities hilarious fun.

ZORB BALLS

Giant plastic spheres into which students are strapped, then rolled around in relays.

Swiss Ball

These large exercise balls are used for a variety of games and activities designed to encourage students to work together.

Tug of War

The usual rules, but with a giant rope. Great activity for encouraging team work.

Tyre Pull

Similar to the concept of tug of war, the 8 way Tyre Pull has students pulling in pairs against each other. Students stretch to be the first to capture their team flag.

About **su**victoria

inviting people to life!

Scripture Union Victoria is a Christian based organisation with over 100 years service in Victoria. SU is dedicated to inspiring children, young people, and families to live life to the full. We also operate school camping at Coolamatong, specialised camping and personal development programs with students at risk, and innovative community development partnership strategies with schools.

www.suvic.org.au

Everyone had a great and fun time as it got them talking, mixing and plucking up the courage to try something a little different! Loved it!”

Steve Emonson
Youth Pastor, Bendigo Baptist Church

The games are inclusive of all students abilities and encourage all students to participate. The students had a fantastic time.

Ann-Marie Fife
Chaplain, Macleod Secondary College

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For bookings, fees and options please contact:

Rob Wolsley

SU Victoria

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Check out our website for more details, photos and footage:

<http://www.suvic.org.au/extreme>