

# HOMEMADE Highland Games





Ready, Set...  
...GO!

**Highland games are a Scottish tradition which date back almost 1,000 YEARS! Nowadays over 80 Highland games take place across Scotland each summer, and many more happen around the world, but if you can't get to one this year, or want to enjoy a taste of the excitement at home, why not HOLD YOUR OWN?**

**Get your family ready for some SCOTTISH FUN!**



## Preparing for the GAMES

Most of the Highland games events are individual sports, but if you have a group of people competing, it might be more fun to split into clans. Either way, you'll need to get into the Scottish spirit, so why not start by inventing a good name for you or your clan? The funnier the better! If you've got a good idea for a name, then go for it, but if not we have a fun picking method that you can use:

Simply pick your favourite word from the first two columns, and then a place name from the third. Add the words together to make your clan name.

*e.g the Hairy Teacakes of Eigg*

(if you are in a clan of one, simply remove the "s" from the 2nd word).



1st

2nd

3rd

Hairy

Wee (little)

Scots

Crabbit (grumpy)

Jaggy (spiky)

Canny (cunning)

Braw (brilliant)

Bonny (pretty)

Clouty

Stags

Chieftains

Neeps (turnips)

Munros

Thistles

Coos

Teacakes

Laddies and lassies

Unicorns

of Auchtermuchty

of Loch Lochy

Of Muckle

Of Ecclefechan

Of Inveruirie

of Glencœ

of Doune

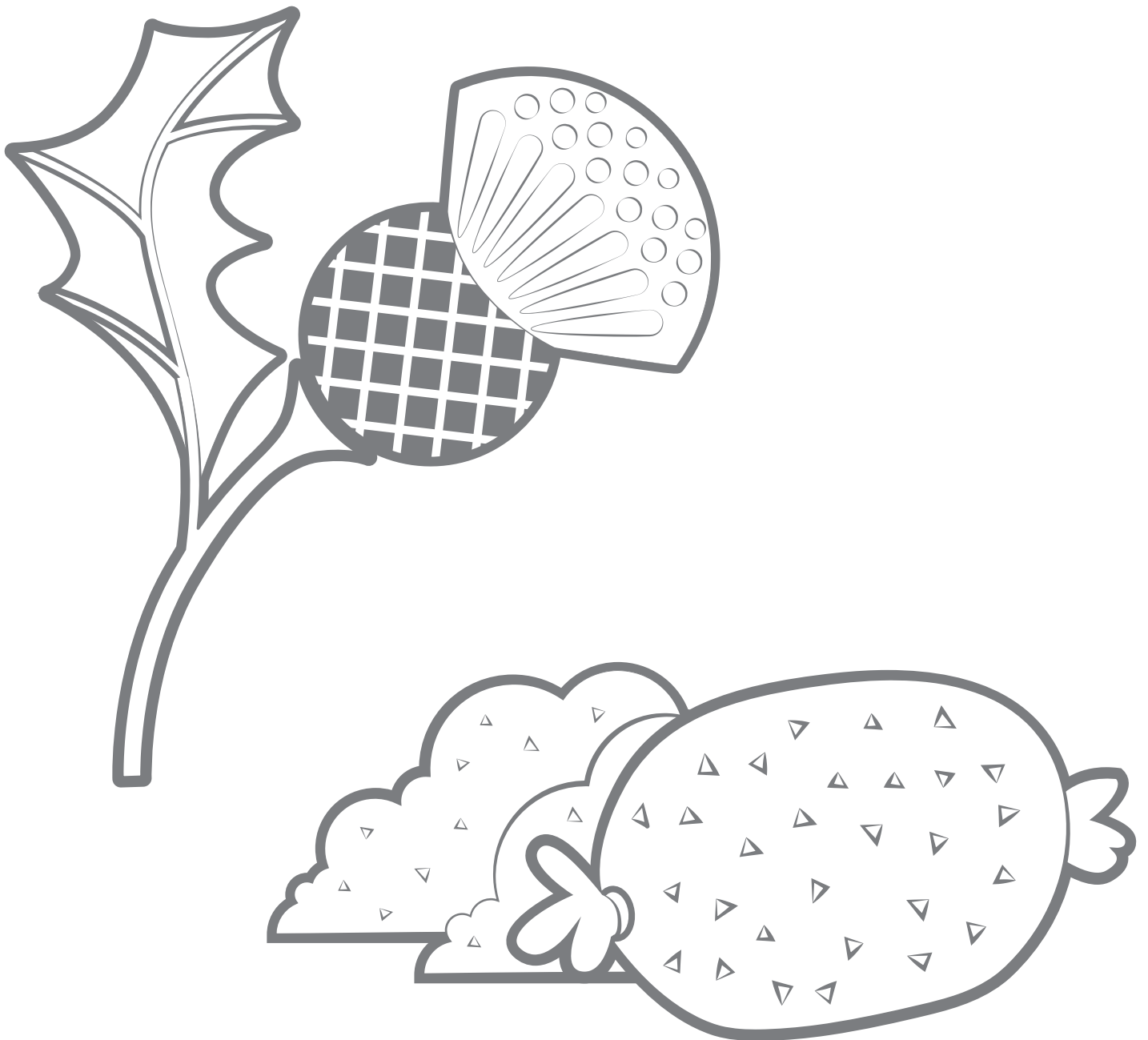
of Troon

of Eigg



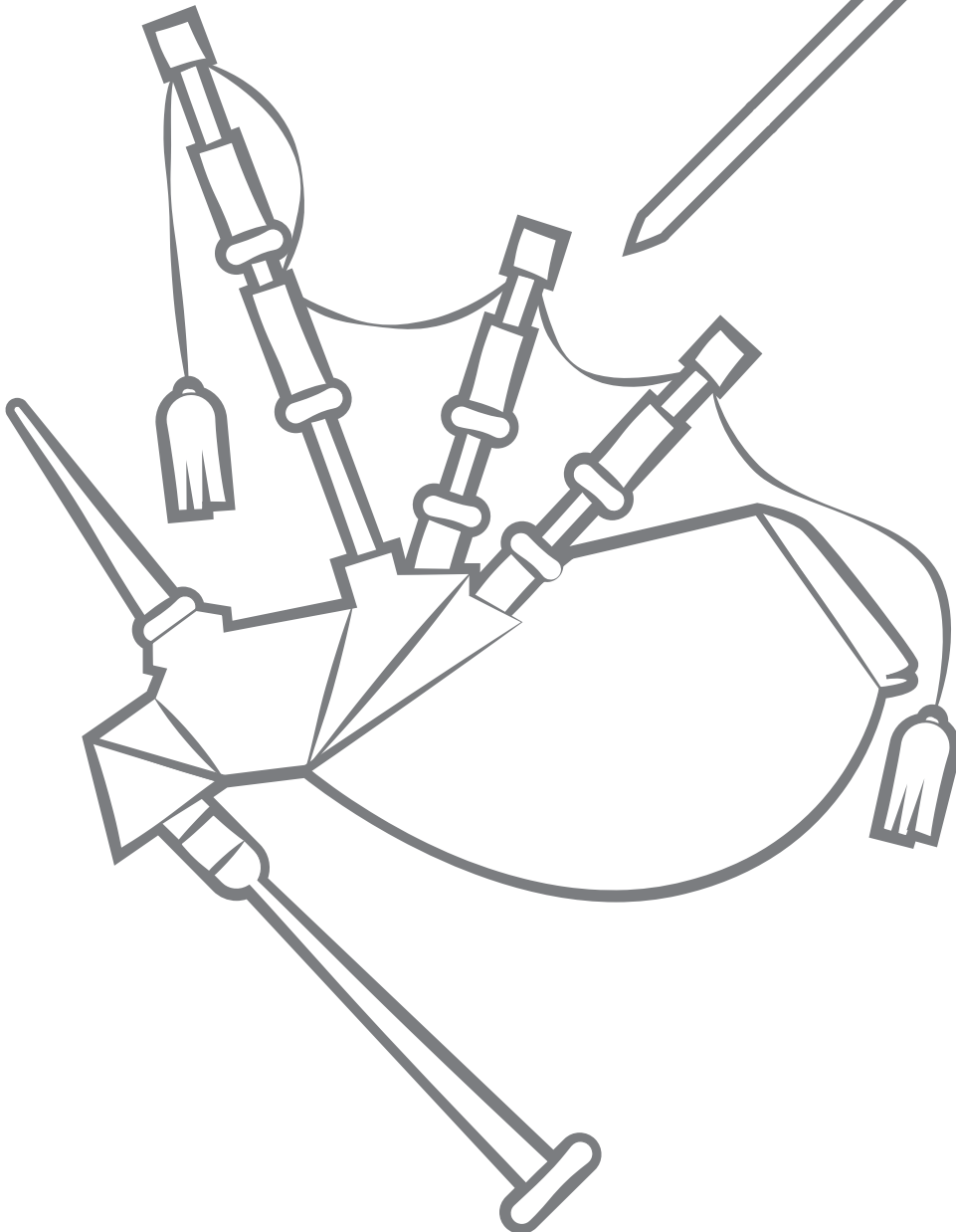
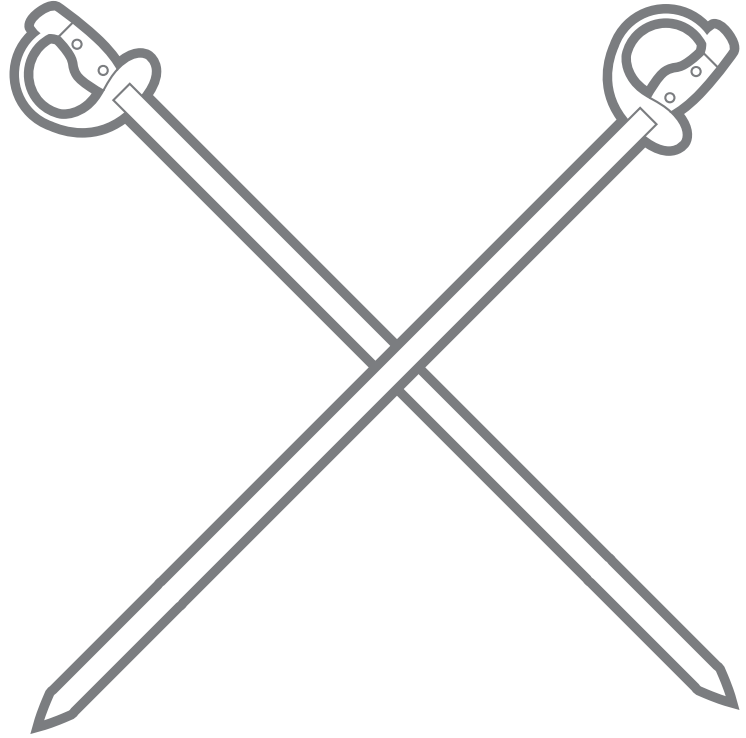
## Create your CLAN FLAG

Now that you have a team name, why not create a team flag? Use the pictures below to help you get started or draw your own pictures to add to your flag. Don't forget to colour them in!





Create your  
**CLAN FLAG**





## Create your CLAN FLAG

### What you will need:



Your drawings  
or printouts



Paper or cards



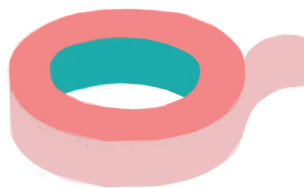
A straw or a stick



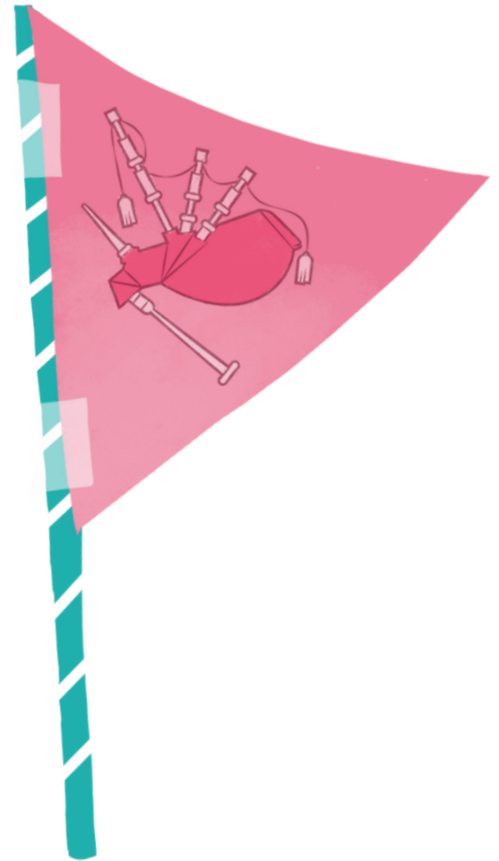
Scissors (and an  
adult to help you  
with them)



A glue stick



Sticky tape



### How to make it:

1. Cut out and colour in the pictures
2. Cut out a triangle of paper (ask an adult for help with the cutting)
3. Stick your drawings to your cut out triangle
4. Attach your triangle to your straw with sticky tape
5. WAVE THE FLAG for your team mates!



# Make your own Tam O' Shanter HAT

This style of bonnet is named after the poem of the same name by Robert Burns, Scotland's National Bard, and was introduced to the Scottish military during the First World War. These days it is considered by many as a typical Scottish hat, and can be seen sported by visitors to Highland games, sometimes with a bit of ginger hair poking out the bottom!

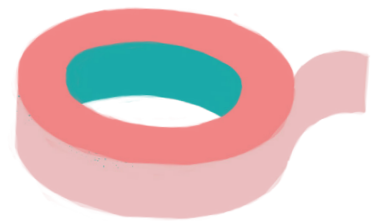
## What you will need:



Pencils and crayons



Scissors (and an adult to help you with them)



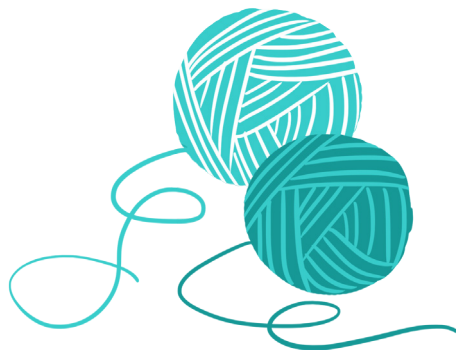
Sticky tape



A hole punch



Card



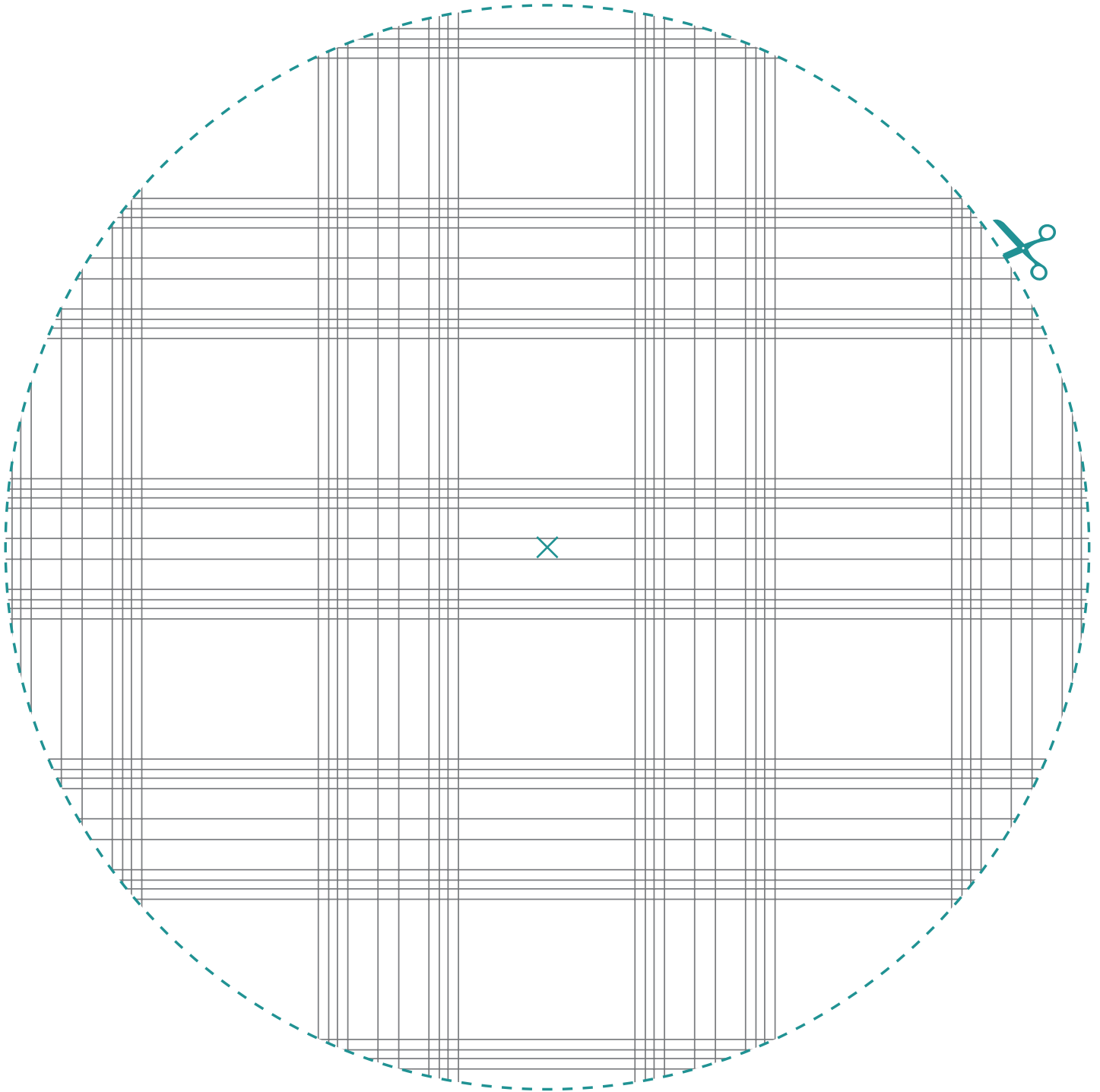
A ball of yarn



Elastic band



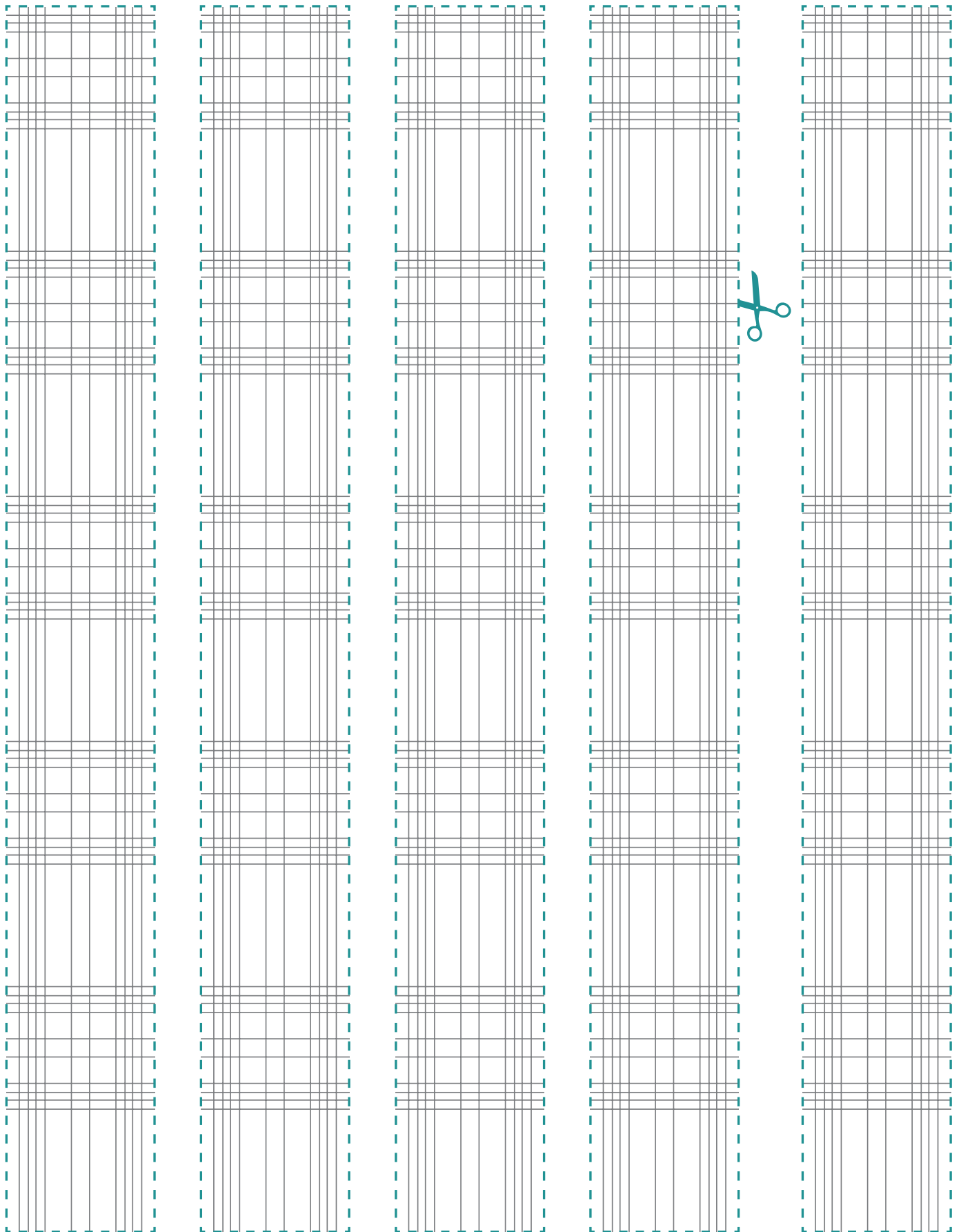
Make your own  
Tam O' Shanter  
**HAT**







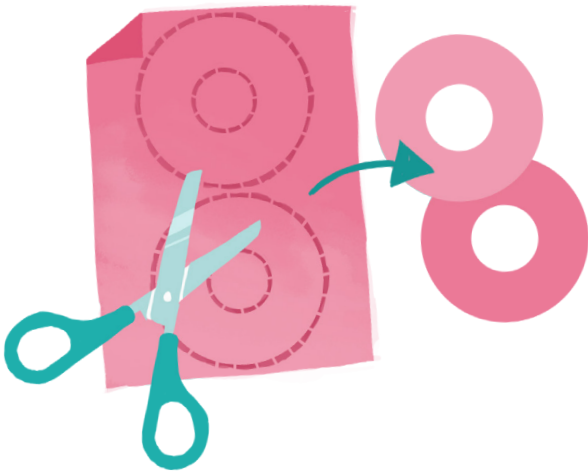
Make your own  
Tam O' Shanter  
**HAT**



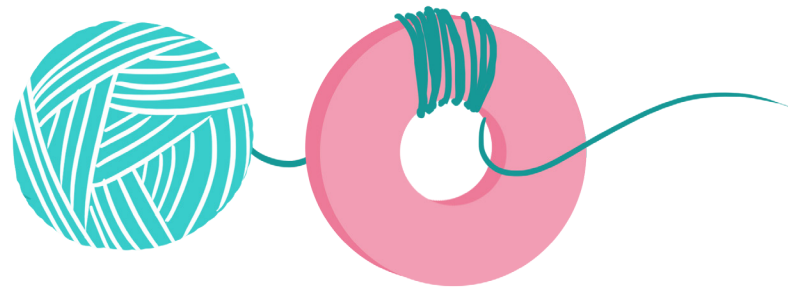


# Make your own Tam O' Shanter HAT

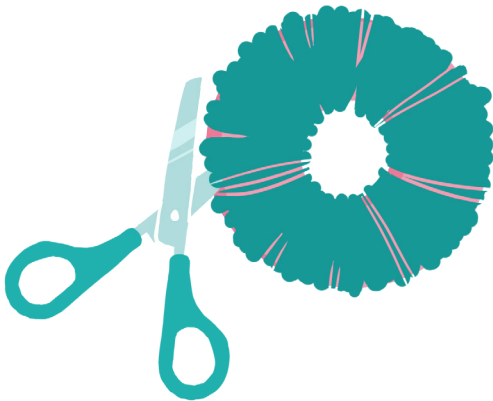
## How to make the pom pom:



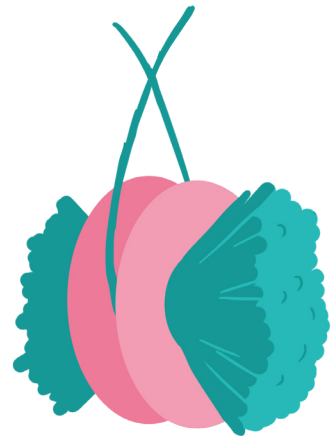
1. Cut two circles out of cardboard



2. Hold the two circles together and wrap yarn around them until you can't get any more yarn through the hole.



3. Cut the yarn between the cardboard circles.



4. Use a piece of string to tie the pom pom tightly between the circles.



5. Remove the cardboard and enjoy your new pom pom!



## Make your own Tam O' Shanter HAT

### How to make it:

1. Cut the template (on page 8) out of card and colour it in. Once coloured, attach the long strips together with tape to make one long strip. Make sure you ask an adult for help with the cutting.
2. Curve the strip around your head so it fits comfortably, cut it to the right length and attach both ends together to form a closed ring.
3. Place the disk on top of the head strip and join them together with sticky tape.
4. Create a pom pom by following our instructions (on page 9) and stick it on top of the disk, right in the centre.
5. Punch two holes on the sides of the head strip and add an elastic band to keep your hat in place. Make sure you measure the right length of the band before you stick it on. Get an adult to help you out with this.

- Pop your hat on and
6. **GET READY**  
to **PLAY!**





## Get YOUR MEDALS!

Who doesn't like to receive a medal, right? At the end of the games all participants will receive a medal for taking part to keep as a souvenir of the day. The best team or player will receive a **WINNERS** trophy! If you want this to be more official, feel free to put on your own award ceremony!

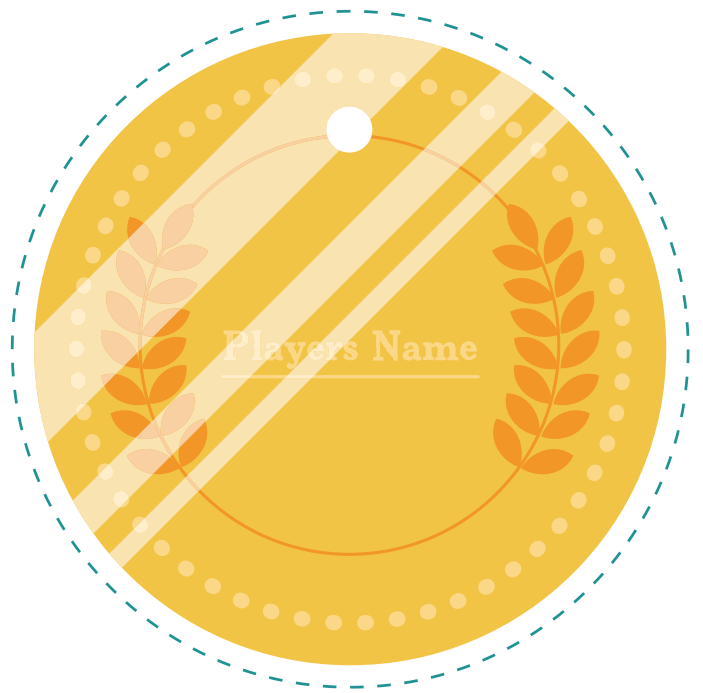


### How to make it:

1. Cut out the medals
2. Punch a hole at the top
3. Add a ribbon or a string
4. Wear it like a winner!



# Get YOUR MEDALS!





Get **YOUR**  
**TROPHY!**

## How to make it:

1. Cut it out
2. Glue it on to cardboard
3. Give it to the winner!





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:

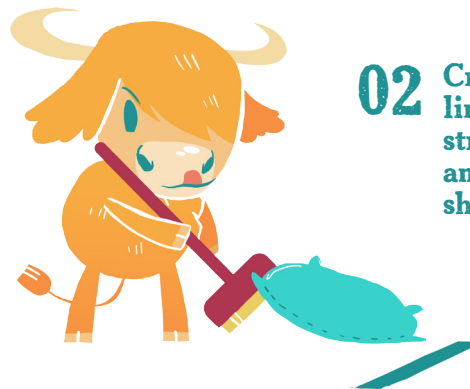
When played at Highland games, competitors have to try and get a filled bag, or sheaf, over a high bar using only a pitchfork. But in our version we have changed the rules a little bit.

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.



**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!

**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!







## 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:

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.

- 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.



**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!

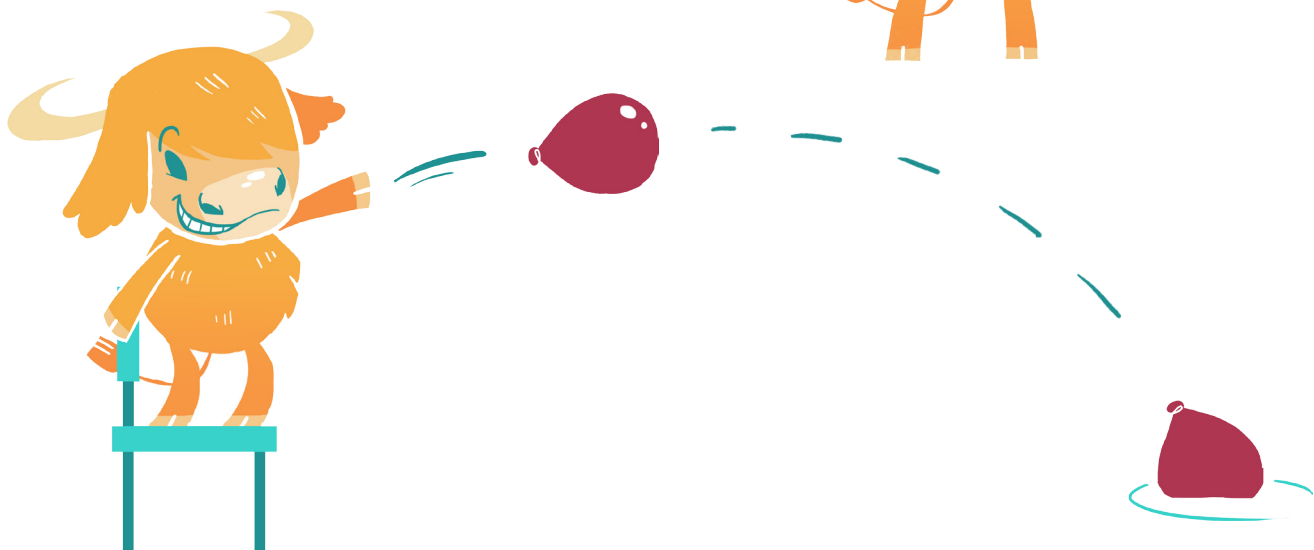
## What you NEED:

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!

- 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!

## What you NEED:

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.

- **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!

## What you NEED:

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?

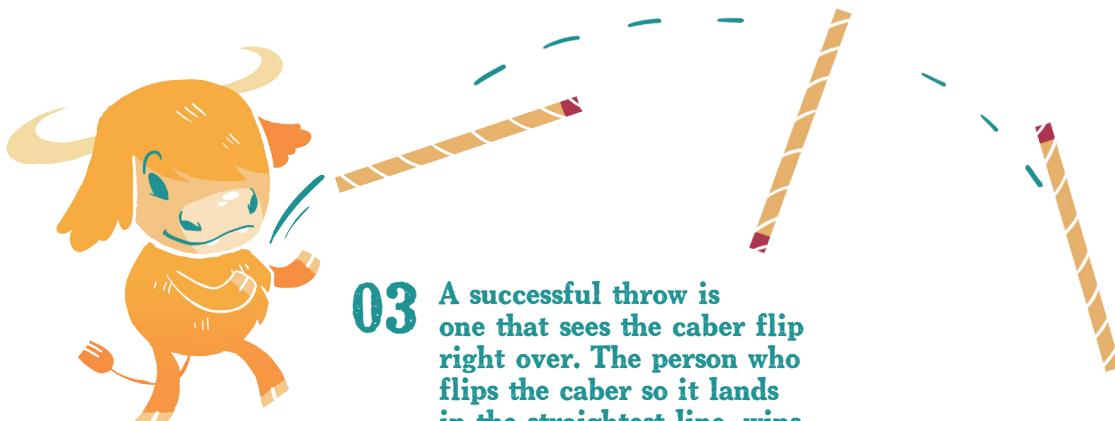
- A 'CABER' - something long, such as a foam swimming pool noodle wrapped in paper, a roll of carpet, or a wide cardboard tube. You can create your own from whatever you like. But remember to mark one end so you can be sure if it has flipped.
- A starting line
- Markers to show where it landed.



- 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!



All important  
**ATHLETE'S**  
meal



After all that activity, your Highland games athletes will be looking for some tasty treats. Maybe you could continue the Scottish and Highland games theme by following some of our food and drink ideas.

- 'Caber' carrot sticks and dips, or perhaps bread sticks.
- A Celtic knot biscuit.
- A chocolate log caber.
- Cranachan - minus whisky!
- A hay bale/sheaf - fill paper bags with popcorn or trail mix.
- A 'hammer' - a cake pop on stick.
- Irn Bru ice lolly.
- Gingerbread men in kilts.



ENJOY your  
Highland  
Games!

