

ISLAND SPORTS

HONG KONG

PARENT SELECTION GUIDE

PICK YOUR PARTY FUN

A clear guide to the games, sports and team challenges available for your Island Sports HK birthday party.

CHOOSE 5

activities for the starting package

75 MINUTES

approximately 15 minutes per activity

FUN. ACTIVE. BUILT AROUND YOUR CHILD.

★ LET'S KICK AND CELEBRATE! ★

LIYA'S 7 FOOTBALL PARTY

• ACTIVE • UNFORGETTABLE

Sept 26 • ⌚ 1:45 PM – 3:00 PM • 📍 Site Explorer

👥 20 kids • Age 7

CROSS THE RIVER



On point A to
the throwers
balls at you. If
you join the
team! ★

03 FOOTBALL DARTS



Aim for the big points
and hit the target! ★

04 MINI MATCH



Team up, pass,
and score in
mini match



CROSS THE RIVER

2:05 – 2:20



FOOTBALL DARTS

2:20 – 2:30



MINI MATCH

2:30 – 2:45

• TEAMWORK • LAUGHTER • FUN

ME AND JOIN THE F

START HERE

Choosing is easy

You do not need to know every game. Use this guide to make a shortlist, then our team will help shape the final plan around your group.

1

Tell us the group

Share the preferred theme, date and time, age group and number of children.

2

Choose a party feel

Decide whether you want gentle group fun, high-energy races, sport skills, strategy or a mixture.

3

Shortlist five

Pick five activities, or send us your favourites and ask the team to recommend the best combination.

Remember: age labels are a starting guide. Activities can be simplified or made more challenging, and your coach will confirm what suits the venue and group.

QUICK REFERENCE

Start with the age group

This overview is useful when you want a fast shortlist. The detailed pages that follow explain what children actually do in each activity.



BIRTHDAY PARTY GAMES BY AGE

ACTIVE. FUN. UNFORGETTABLE.

All games are coach-led, safe and adapted for each age!

AGES 4–5 FUN & DISCOVERY	AGES 6–8 TEAM CHALLENGE	AGES 9–10 SPORTS COMPETITION	AGES 11–12 TOURNAMENT & STRATEGY	POPULAR THEMED OPTIONS
 CATCHING GAMES Fun catching challenges to warm up and build skills!	 TAG GAMES Exciting tag variations that keep everyone on the move!	 SURVIVOR TAG Last one standing wins in this exciting tag showdown!	 NERF WAR Team battles, target practice and epic Nerf challenges!	 NERF WAR Action-packed Nerf battles!
 PARACHUTE Colourful parachute games full of giggles and movement!	 DODGEBALL Fast, fun and action-packed team dodgeball games!	 DOCTOR DODGEBALL Catch the doctors, protect your team and survive!	 CAPTURE THE FLAG Plan, communicate and capture the win!	 POKÉMON PARTY Catch 'em all in fun games & challenges!
 TREASURE HUNT Find the clues, solve the mystery and win the treasure!	 ISLAND RESCUE Work together to rescue your island from the other team!	 PUSH OF WAR A test of strength, strategy and teamwork!	 DODGEBALL TOURNAMENT Multiple rounds of competitive dodgeball!	 SPACE ADVENTURE Out-of-this-world games & missions!
 GRANNY PANTS Throw, aim and score as a team in this hilarious game!	 TEAM RELAYS Race, pass, jump and cheer your team to victory!	 CAPTURE THE FLAG Steal the flag, defend your base and score!	 FOOTBALL OR BASKETBALL TOURNAMENT Team competition, strategy and finals!	 PIRATES PARTY Treasure hunts, challenges & fun!
 GIANT BOWLING Roll big, knock down more pins and celebrate!	 TUG OF WAR Pull together, dig in and see which team is strongest!	 MINI OLYMPICS Compete in a series of fun Olympic-style challenges!	 ADVANCED RELAYS High-energy relays that test speed, skills and teamwork!	 MINI OLYMPICS Compete like a champion!
	 BOULDER BALL Giant ball. Huge fun. Teamwork wins!	 BEACH BALL VOLLEYBALL Big ball, big rallies, big fun!	 TEAM CHALLENGE Work together to complete exciting team missions!	 TRANSFORMERS MISSION Roll out for an epic action party!

 60–90 MINUTES OF NON-STOP FUN |
  INDOOR & OUTDOOR OPTIONS |
  CUSTOMISED TO YOUR PARTY!

YOUNGER GROUPS

Gentle starters

Friendly, visual activities with simple rules help younger children settle in and join the fun quickly.

01 Catching Games

AGES 4-5 GENTLE STARTER

WHAT CHILDREN DO

Simple throwing and catching challenges help children warm up, join in and build confidence.

WHY PICK IT

A calm, inclusive opening activity for younger groups.

02 Parachute Fun

AGES 3+ GROUP PLAY

WHAT CHILDREN DO

Children lift, shake and move a colourful parachute while working together on playful group challenges.

WHY PICK IT

Easy to understand, highly visual and excellent for mixed confidence levels.

03 Treasure Hunt

AGES 4+ ADVENTURE

WHAT CHILDREN DO

Teams follow clues, search for hidden treasures and complete a simple mission together.

WHY PICK IT

Ideal for a themed party and children who enjoy discovery.

04 Granny Pants

AGES 4-5 SILLY TARGET GAME

WHAT CHILDREN DO

Children throw soft balls and try to score them into the oversized Granny Pants target.

WHY PICK IT

A funny, low-pressure activity that quickly gets everyone laughing.

05 Giant Bowling

AGES 4-5 TARGET SKILL

WHAT CHILDREN DO

Children roll a large soft ball towards the pins, then celebrate, reset and try again.

WHY PICK IT

Clear rules, quick turns and a satisfying result for young players.

06 Traffic Lights Hockey

ADAPTABLE LISTEN AND REACT

WHAT CHILDREN DO

Players dribble to the coach commands: green means go, red means stop and yellow means slow down.

WHY PICK IT

Combines hockey control with listening, reactions and lots of movement.

SECTION 02

Team energy & relays

These activities are ideal when you want children moving, cooperating and cheering for their teammates.

RELAY INSTRUCTIONS FOR COACHES

Set up your area, explain the rules clearly, keep it fun and safe, and cheer on all teams!



BEACH BALL RELAY 	EQUIPMENT 1 Giant Beach Ball Marker Cones	START Move the beach ball to the next line (Pass from one child to another) FINISH 	- Teams line up behind the start line. - The first child passes the beach ball to the next teammate. - Continue passing down the line. - The last child places the ball past the finish line. - First team to finish wins.	★ COACHING TIPS - Encourage teamwork and communication. - Use two hands when passing the ball.
HAMSTER WHEEL RACE 	EQUIPMENT Hamster Wheel Marker Cones	START Roll the hamster wheel to the finish line FINISH 	- Child gets inside the hamster wheel. - Roll the wheel forward to the finish line. - Tag the next teammate. - First team to finish wins.	★ COACHING TIPS - Keep the wheel rolling straight. - Smaller steps help with balance.
CATERPILLAR RACE 	EQUIPMENT Inflatable Caterpillar Marker Cones	START Carry the caterpillar to the finish line FINISH 	- Team members hold the handles on the caterpillar. - Move together to the finish line. - Tag the next team. - First team to finish wins.	★ COACHING TIPS - Work together and stay in sync. - Communicate and take small steps.
BOWLING RELAY 	EQUIPMENT Bowling Pins (10 Pins) Soft Ball Cones	START Roll the ball to knock down the pins FINISH 	- First child rolls the ball to knock down the pins. - Reset the pins. - Tag the next teammate. - First team to knock down all pins wins.	★ COACHING TIPS - Aim carefully. - Reset pins neatly after each turn.
RELAY RACES 	EQUIPMENT Nets Balls Buckets Cones	START Collect balls and bring them back to your bucket FINISH 	- First child runs to the ball area. - Use the net to pick up one ball. - Run back and place it in the bucket. - Tag the next teammate. - First team to collect all balls wins.	★ COACHING TIPS - Use the net, not hands. - Focus on speed and accuracy.
HUNGRY HIPPOS 	EQUIPMENT Nets Balls Buckets Cones	START Scoop the balls and bring them back to your bucket FINISH 	- First child scoops a ball with the net. - Run back and drop it in the bucket. - Tag the next teammate. - First team to collect all balls wins.	★ COACHING TIPS - Scoop gently, don't throw the net. - Keep moving!

🏆 BE ORGANIZED. BE POSITIVE. MAKE IT FUN! 🏆

Choose relays for teamwork, movement and easy-to-follow turns. Activities can be adapted to the available space.

TEAM ENERGY

Relays & races

A mixture of novelty equipment, speed and cooperation keeps the whole group active.

07 Tag Games

AGES 6-8 HIGH ENERGY

WHAT CHILDREN DO

Children chase, dodge and escape through lively tag variations that keep the whole group moving.

WHY PICK IT

A fast start for energetic groups that love running.

08 Team Relays

AGES 4+ TEAM RACE

WHAT CHILDREN DO

Teams race through simple tasks involving running, passing, jumping or collecting equipment.

WHY PICK IT

Flexible, exciting and easy to match to the party theme.

09 Beach Ball Relay

ADAPTABLE COOPERATION

WHAT CHILDREN DO

Children pass a giant beach ball down the line and work together to move it across the finish.

WHY PICK IT

Big visual impact with simple teamwork and communication.

10 Hamster Wheel Race

ADAPTABLE NOVELTY RACE

WHAT CHILDREN DO

One child moves inside the large rolling wheel, reaches the finish and tags the next teammate.

WHY PICK IT

A memorable activity that feels completely different from ordinary races.

11 Caterpillar Race

ADAPTABLE WHOLE-TEAM RACE

WHAT CHILDREN DO

The group carries and moves a large inflatable caterpillar together towards the finish line.

WHY PICK IT

Perfect when you want teamwork, laughter and a strong party spectacle.

12 Bowling Relay

ADAPTABLE RACE AND AIM

WHAT CHILDREN DO

Players race forward, roll a soft ball at the pins, reset them and tag the next teammate.

WHY PICK IT

Blends speed and target accuracy in an easy-to-follow format.

TEAM ENERGY

Challenges & teamwork

These games reward communication, shared effort and confidence as much as speed.

13 Hungry Hippos Relay

ADAPTABLE COLLECTING RACE

WHAT CHILDREN DO

Children use nets to scoop balls, return them to their team bucket and tag the next player.

WHY PICK IT

Colourful, fast and especially good for children who enjoy collecting games.

14 Human Knot

AGES 6+ PROBLEM SOLVING

WHAT CHILDREN DO

The group holds hands and works together to untangle the knot without letting go.

WHY PICK IT

A slower team challenge that rewards communication rather than speed.

15 Tug of War

AGES 6+ TEAM STRENGTH

WHAT CHILDREN DO

Two teams pull together, communicate and try to move the marker across their winning line.

WHY PICK IT

A classic team contest with an exciting, easy-to-understand finish.

16 Obstacle Course

AGES 5+ ACTIVE CHALLENGE

WHAT CHILDREN DO

Children run, crawl, jump and weave through a sequence of fun obstacles.

WHY PICK IT

A brilliant all-round choice that can be themed and adjusted to the group.

17 Boulder Ball

AGES 6-8 GIANT-BALL FUN

WHAT CHILDREN DO

Teams move, push and control an oversized ball through a cooperative challenge.

WHY PICK IT

Big equipment creates instant excitement and encourages teamwork.

18 Survivor Tag

AGES 9-10 COMPETITIVE TAG

WHAT CHILDREN DO

Players dodge, escape and try to remain active until the final survivor is left.

WHY PICK IT

A strong choice for older children who enjoy competition and quick decisions.

STRATEGY GAMES

Missions & competition

For groups that enjoy tactics, points and a clear team objective.

19 Island Rescue

AGES 6-8 THROW AND CATCH

WHAT CHILDREN DO

Teams throw balls from the outer area to a teammate standing safely on their island to score.

WHY PICK IT

Builds throwing, catching and teamwork without complicated rules.

20 Push of War

AGES 9+ TEAM STRATEGY

WHAT CHILDREN DO

Two teams throw dodgeballs at a giant beach ball, trying to push it across the other team line.

WHY PICK IT

Fast, dramatic and perfect for groups that enjoy tactics and competition.

21 Capture the Flag

AGES 9+ MISSION GAME

WHAT CHILDREN DO

Teams protect their own base while planning how to capture the other team flag and return safely.

WHY PICK IT

An excellent strategy game for confident, energetic older groups.

22 Mini Olympics

AGES 9+ MULTI-EVENT

WHAT CHILDREN DO

Children compete in a series of short Olympic-style challenges and collect team points.

WHY PICK IT

Provides variety and gives different children a chance to shine.

23 Beach Ball Volleyball

AGES 9+ BIG-BALL RALLY

WHAT CHILDREN DO

Teams keep a giant beach ball moving across the net and build the longest rally they can.

WHY PICK IT

A friendly team challenge with big movement and lots of laughter.

24 Team Challenge

AGES 11-12 PROBLEM SOLVING

WHAT CHILDREN DO

Groups complete a sequence of physical and thinking missions together.

WHY PICK IT

Ideal for older children who enjoy strategy, communication and shared goals.

SECTION 03

Hockey games

Hockey can be playful and accessible. These choices introduce dribbling, control and evasion through imaginative games.



HUNGRY HIPPOS HOCKEY
SCOOP IT, SCORE IT & FEED YOUR HIPPO!

A fun, fast-paced game where players scoop balls with their stick and bring them back to their team's bucket (the Hungry Hippo).

SET UP
TEAM PLAY
• Scatter balls in the middle of the playing area.
• Each team has a bucket (the Hungry Hippo) at each end.
• Players can feed their start line.

HOW TO PLAY
1. GET READY
2. GO!
3. BRING IT BACK
4. FEED YOUR HIPPO
5. KEEP SCOOPING!

GAME RULES
• Use your hockey stick to scoop the balls.
• No hands! Only the stick.
• One ball at a time.
• Be aware of where you are and play in control.
• Have fun and encourage your teammates!
• Play for a set time. The team with the most balls wins!

EQUIPMENT
Hockey Balls, Cones, Buckets (Hungry Hippos), Hockey Sticks

COACHING TIPS
• Encourage players to keep their head up.
• Use soft hands when sweeping.
• Children don't hit the balls.
• Celebrate effort and improvement.

EXTRA CHALLENGE
Place a cone at each end of the playing area. Players must go around the cone before feeding the hippo.

PROGRESSIONS
• **EASER**: Use only 2 cones.
• **HARDER**: Add more and taller cones to the sides.

WORK TOGETHER. PLAY HARD. HAVE FUN!



TRAFFIC LIGHTS HOCKEY CONTROL DRILL
Listen, react and keep control!
Fun directions make great hockey players.

SET UP
• Create a playing area.
• Everyone has a hockey stick and a ball.
• Players spread out and start dribbling within the area.

EQUIPMENT
Cones, Hockey Balls (one per player), Hockey Sticks

HOW TO PLAY
1. GREEN GO!
2. RED STOP!
3. YELLOW SLOW!
4. REVERSE BACKWARDS!
5. TURBO FAST!

COACHING TIPS
• Keep your head up and watch the cones.
• Use soft hands when sweeping.
• One ball at a time.
• Be aware of where you are and play in control.

PROGRESSIONS
• **EASER**: Use only 2 cones.
• **HARDER**: Add more and taller cones to the sides.

EXTRA CHALLENGE
Players must dribble through cones when the light is RED.

BE ALERT. BE QUICK. HAVE FUN!



SHARKS & MINNOWS FUN HOCKEY DRIBBLING GAME
Practice dribbling while having fun! Minnows try to cross the ocean safely, but Sharks try to steal their balls!

HOW TO SET UP
• MINNOWS LINE UP!
• SHARKS TRY TO STEAL!

HOW TO PLAY
1. MINNOWS LINE UP!
2. GO!
3. SHARKS TRY TO STEAL!
4. SAFE!

EQUIPMENT
Cones, Hockey Balls (one per player), Hockey Sticks

COACHING TIPS
• Encourage players to keep their head up and control the ball.
• Teach them to use their body and stick to protect the ball.
• Praise effort, not just getting across.
• Keep the game fast, energetic and positive!

PROGRESSIONS
• **EASER**: Make the area smaller, perhaps from 10m to 5m.
• **HARDER**: Make the area bigger and add more sharks.
• **EXTRA CHALLENGE**: Sharks must pass the ball to each other before tagging a minnow.

PLAY HARD. PLAY FAIR. HAVE FUN!

Hockey activities are adaptable. Your coach can simplify the space, rules and number of defenders for the group.

SPORT SKILLS

Hockey & football

Choose a skill game, a team game or a mixture. Football activities work especially well as a complete five-activity theme.

25 Hungry Hippos Hockey

ADAPTABLE HOCKEY COLLECTING

WHAT CHILDREN DO

Players scoop balls with their hockey stick and bring them back to their team Hungry Hippo bucket.

WHY PICK IT

A playful introduction to hockey control with constant action.

26 Sharks & Minnows Hockey

ADAPTABLE DRIBBLE AND EVADE

WHAT CHILDREN DO

Minnows dribble across the ocean while Sharks move side to side and try to steal their balls.

WHY PICK IT

Adds evasion, ball protection and excitement to a hockey game.

27 Traffic Lights Hockey

ADAPTABLE CONTROL DRILL

WHAT CHILDREN DO

Children dribble, stop, slow down, reverse or speed up in response to the coach commands.

WHY PICK IT

Best for building control while keeping instructions fun and varied.

28 Football Obstacle + Score

ADAPTABLE SKILL COURSE

WHAT CHILDREN DO

Children dribble through obstacles and finish the course by taking a shot at goal.

WHY PICK IT

Combines movement, ball control and the excitement of scoring.

29 Cross the River Football

ADAPTABLE DRIBBLE AND DODGE

WHAT CHILDREN DO

Players dribble from one side to the other while throwers aim soft dodgeballs. If hit, the player joins the throwing team.

WHY PICK IT

A unique football game that blends dribbling, awareness and evasion.

30 Football Darts

ADAPTABLE TARGET SHOOTING

WHAT CHILDREN DO

Children aim footballs at a large points target and try to build the highest score.

WHY PICK IT

Clear turns and visible scoring make this an easy party favourite.

SPORT SKILLS

Football & dodgeball

Finish a football theme with match play and penalties, or switch into fast team dodgeball.

31 Mini Football Match

ADAPTABLE TEAM SPORT

WHAT CHILDREN DO

Children team up, pass, defend and score in a short, coach-led match.

WHY PICK IT

The natural choice for football fans who want real match play.

32 Penalty Shootout

ADAPTABLE BIG FINISH

WHAT CHILDREN DO

Each child steps up to take a penalty and enjoy their moment in front of goal.

WHY PICK IT

A simple, exciting finale where every player gets a turn.

33 Classic Dodgeball

AGES 6+ FAST COMPETITION

WHAT CHILDREN DO

Teams throw soft balls below shoulder height while players dodge and try to stay in the game.

WHY PICK IT

Non-stop action for children who enjoy fast team competition.

34 Doctor Dodgeball

AGES 9+ TEAM TACTICS

WHAT CHILDREN DO

Each team protects a Doctor who can revive teammates after they are hit.

WHY PICK IT

Adds strategy and teamwork to the classic dodgeball format.

35 Treasure Dodgeball

AGES 6+ COLLECT AND DODGE

WHAT CHILDREN DO

Players collect treasure from the middle while avoiding throws from the opposing team.

WHY PICK IT

Blends speed, bravery and a clear team mission.

36 Bulldog Dodgeball

OLDER GROUPS CROSS SAFELY

WHAT CHILDREN DO

Players run from one side to the other while the Bulldogs in the middle try to hit them.

WHY PICK IT

A simple, high-energy challenge with a clear finish line.

SECTION 04

Dodgeball choices

Dodgeball does not have to be one game. Different versions add doctors, treasure, crossings, zombies or a team boss mission.

DODGEBALL
HOW TO PLAY

ISLAND SPORTS HK

1 CLASSIC DODGEBALL
ELIMINATE THE OTHER TEAM BY HITTING PLAYERS BELOW THE SHOULDERS.

THROW Hit opponents below the shoulders.
DODGE Avoid getting hit by the ball.
OUT If you get hit, you are out.

★ Catch = 1 player back in!

2 DOCTOR DODGEBALL
EACH TEAM HAS ONE DOCTOR WHO CAN REVIVE TEAMMATES.

GET HIT Sit down when you're hit.
REVIVE The Doctor can tag you to bring you back.
DOCTOR OUT If the Doctor is hit, no more revives!

★ Protect your Doctor!

4 TREASURE DODGEBALL
COLLECT THE TREASURE AND AVOID GETTING HIT!

COLLECT Grab treasure from the middle.
DODGE Avoid getting hit by the opposing team.
WIN The team with the most treasure wins!

★ Strategy + Speed = Victory!

5 BULLDOG DODGEBALL
AVOID THE BULLDOGS AND MAKE IT TO THE OTHER SIDE!

RUN Run to the other side without getting hit.
BULLDOG Bulldogs in the middle try to hit you.
JOIN IN If you get hit, you become a Bulldog!

★ Last one across wins!

6 ZOMBIE DODGEBALL
GET HIT AND BECOME A ZOMBIE! LAST SURVIVOR WINS!

GET HIT You become a Zombie.
ZOMBIE Zombies join the middle and try to hit others.
WIN Last survivor standing wins!

★ Survive as long as you can!

7 BOSS BATTLE DODGEBALL
TEAM UP AND DEFEAT THE BOSS!

TEAM UP Everyone works together to hit the Boss.
BOSS HEALTH The Boss has multiple lives!
WIN Defeat the Boss to win the battle!

★ Work together. Be brave. Win!

BE ACTIVE. HAVE FUN. PLAY FAIR!

Dodgeball suitability depends on the age and confidence of the group. The coach will confirm the safest and most enjoyable version.

DODGEBALL & WATER

Big themes, simple choices

Keep everyone involved with a themed dodgeball variation, or choose water games for an outdoor celebration.

37 Zombie Dodgeball

OLDER GROUPS SURVIVAL GAME

WHAT CHILDREN DO

When a player is hit, they become a Zombie and join the middle to challenge the remaining players.

WHY PICK IT

A dramatic theme that keeps eliminated players involved.

38 Boss Battle Dodgeball

OLDER GROUPS TEAM MISSION

WHAT CHILDREN DO

Everyone works together to hit the coach-led Boss and reduce the Boss health.

WHY PICK IT

A cooperative alternative to player-versus-player dodgeball.

39 Water Splash

AGES 4+ WATER THEME

WHAT CHILDREN DO

Children rotate through water challenges, team relays and splash-based games.

WHY PICK IT

A refreshing outdoor choice for a warm-weather celebration.

OPTIONAL DIRECTION

Choose a party theme

A theme can guide the decorations, story and activity names. The five activities are then selected to suit the theme and group.

NERF WAR

Team battles, target practice and active missions.

POKEMON PARTY

Collecting games, catching challenges and playful missions.

SPACE ADVENTURE

Out-of-this-world races, games and team missions.

PIRATES PARTY

Treasure hunts, island challenges and team adventures.

MINI OLYMPICS

A series of short events with points and team celebrations.

TRANSFORMERS MISSION

Action challenges built around a team mission story.

YOUR SHORTLIST

Build your five-activity plan

Write down your favourites. If you are unsure, send us the page numbers or activity names and ask our team to recommend the final order.

1

Activity name

2

Activity name

3

Activity name

4

Activity name

5

Activity name

READY TO PLAN?

Send us your preferred theme, schedule, age group and number of children. Once you are happy with the plan, full payment secures the booking and your lead coach will confirm the arrangements.

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