

★ ACTIVITY / SHOOTING STARS

FOCUS:

THROWING, TEAM WORK

DURATION: 8 MINUTES MAX.

EQUIPMENT:

1 RUBBER BALL PER PARTICIPANT,
2 ROPES, 1 SCORCHER BALL, CONES



DESCRIPTION:

▶ Participants split into two groups, half on one side and half on the other.

▶ Everyone is on one team. They are against the clock.

LEVEL 1

On the whistle participants have one minute to knock over the target in the middle.

▶ If they are successful they move onto level 2.

▶ The deliverer then creates a fun new target in the middle.

▶ The participants now have 2 targets to knock over.

LEVEL 2

On the whistle participants have one minute to knock over the targets in the middle.

▶ If they are successful they move onto level 3. If they are not successful they stay on level 2 and have another round.

▶ The same process takes place until the end of the designated game time.

▶ How many levels can the participants complete? What is the record?

MAKE IT EASIER:



▶ Shorten the throwing distance

▶ Use a larger target e.g. Two sets of stumps

▶ Thrower can roll the ball

MAKE IT HARDER:



▶ Increase the throwing distance

▶ Have participants create their own targets, encourage creativity here!

