

Warm up activity

not in my backyard

Work as a team
to clear out the rubbish



how to play

Mark out a safe play area and divide it into two 'backyards' with a rope or suitable barrier. On each side, place 10-20 beanbags, balls, koosh balls etc - this is the 'rubbish'. It's in your backyard and it's your task to clear it, before the other team clears theirs!

Divide the group into two, for a team either side of the play area. When you shout 'Clear!' each team starts to throw their 'rubbish' over the barrier to the other team's 'backyard'. Keep going or it will all pile up! The winning team is the team with the least rubbish in their backyard after two minutes.

Safety: ensure the area is big enough so players won't collide when throwing and that the 'rubbish' is not too big or heavy. Underarm throws only.

equipment

Marker cones, beanbags, small balls, koosh balls, chiffon scarves, throwing scarves.



sporting connection

This activity will help you develop hand eye co-ordination and quick reaction times. These are skills you'll need to become a fencing or archery champion and they are useful for sports such as golf, bowls and boccia.



did you know?

'Boccia' comes from the Latin word 'bottia', meaning 'ball'. The sport is also known as 'bocce' and Great Britain are the reigning Paralympic champions.

wider club activities

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Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

Make the play space larger/
smaller
Change the rope height so it's
higher/lower

task

Play seated
Play standing on one leg
Roll equipment if not
using a rope

equipment

Use a bench, rope or net as
a barrier - vary it to mix
things up
Use a variety of different
shaped and sized balls and
other 'rubbish' items

people

Make teams larger/smaller