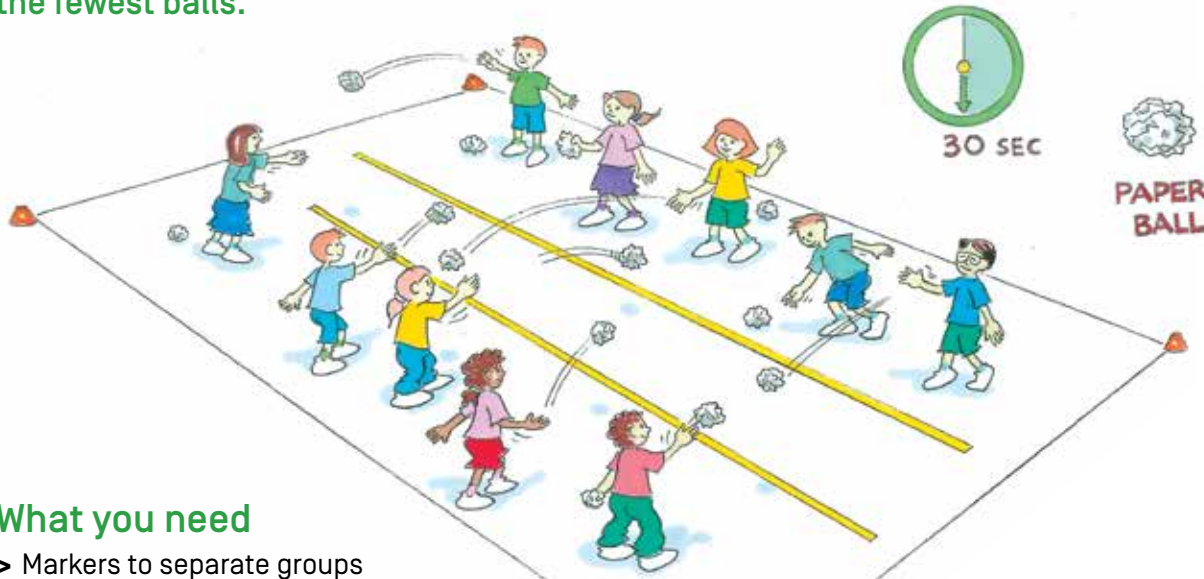




Throw, throw, throw!

Throw, throw, throw! 2 groups of equal size face each other. Each player has a crunched-up paper 'ball'. On a signal, players throw their paper ball over a line in the direction of the opposite team. After a set period, balls are counted to see who has the fewest balls.



What you need

- > Markers to separate groups
- > Recycled sheets of A4 paper
- > **Optional** – a marking pen

What to do

- > Divide the group into 2 teams, see *Form a group*.
- > Play for a set period [e.g. 30 seconds]. That can be a lot of throwing!
- > Encourage different strategies [e.g. gatherers and throwers work together].
- > Players should 'throw fast and throw smart'!

Scoring

- > The winning team is the one with the fewest paper balls.

Safety

- > Paper balls should be sufficiently loose so as not to cause hurt.
- > A 'no-go' zone ensures players are separated.
- > Players should not cross the 'no-go' zone until the game stops.

Change it

- > **Each player writes their name** – when the throwing is over, players find the person whose name is on the ball. A good ice-breaker with new groups whose players don't know each other.
- > **Sitting** – players remain seated for the activity.
- > **Backwards** – players throw backwards over their heads.
- > **Between the legs** – players throw between the legs [face forward or backward].
- > **Increase the distance from the mid-line** – use a 'no-go' zone.

Ask the players

- > Did you like this activity? What was the best part?
- > How would you change this game to make it an appropriate challenge for you?



LEARNING INTENTION

Throw, throw, throw! is a short sharp energiser that involves throwing, quick movements and spatial awareness.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION
MUSCULAR ENDURANCE

ENGAGEMENT AND ENJOYMENT

PERCEPTUAL AWARENESS
TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43