

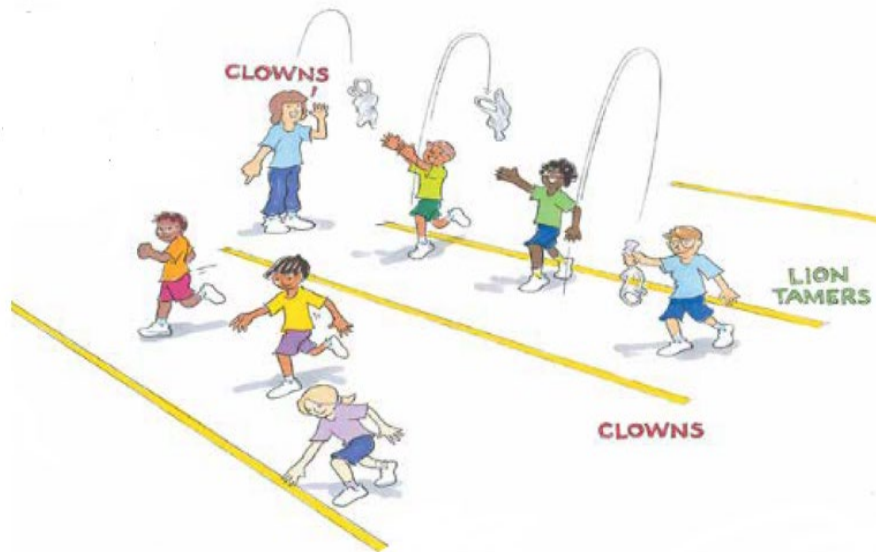
How High?

Time: 5 minutes

Activity

Individual/partner/group

- Set out a line to use as a starting point.
- Set out a second line to be used as the first target.
- Standing behind the starting point, throw an object into the air and aim to reach the second line before the object hits the ground.
- After a successful attempt, move the target line further away to increase the difficulty.



Equipment

- Chalk to draw lines.
- Skipping rope or cones can be used instead of drawing the lines.
- 1 object e.g. scarf, plastic shopping bag (easier), bean bag, juggling balls or juggling rings (harder).

Activity variations

- Arrange players into 2 even lines approximately 2 metres apart facing each other, making sure each player is facing their partner.
- One player in the pair is the clown and the other is the lion tamer. The clown holds the juggling objects.
- When the lion tamer calls "THROW", the clown throws the juggling objects as high as possible into the air and sprints to the opposite line. The lion tamer tries to catch the objects before the clown reaches the line.
- After 3-5 attempts, partners switch roles.