

## Let's throw Activity

### Partner/group

- Players face each other standing behind a line about 4 metres apart.
- Each player has a pile of recycled paper, about 15 to 20 sheets each.
- When the game begins, players scrunch a sheet of paper into a ball and then throw it into the other players' area.
- Only one ball of paper may be thrown at a time.
- Players continue to throw paper for 30 seconds.
- Players can also throw balls of paper back.
- At the end of a set time, the player with the least amount of balls of paper on his/her side wins.
- Repeat the game but re-use the paper balls.
- If more than two people are playing, split into teams.



Time: 10 minutes

### Equipment

- Markers to separate partners/teams.
- Recycled sheets of A4 paper.

### Activity variations

- Vary the distance between players.
- Add a basket to each side - if a paper ball lands in the basket, it stays there and the player gets points.
- Sitting - same game but players must stay seated.
- Backwards - players face away from each other and throw backwards over their heads.
- Between the legs – players throw between the legs (face forward or backward).
- Change the time frame.
- Introduce some coloured paper and each colour could be worth different points.

