

# Clean up your Rubbish

<b>Age:</b>	3 - 8 Year olds
<b>Participants:</b>	4 - 30
<b>Time:</b>	10 Minutes
<b>Equipment:</b>	Volleyball net, wiffle balls, flat markers, cones

## Skill(s):



Throwing

## Set Up:

- Place cones in a large rectangle 10m x 15m and divide space with the net
- Spread flat markers around the space on each side of the net (~5)
- Scatter wiffle balls across both areas
- Divide group into two



## Description:

Group splits up so that there are equal numbers on each side of net. Children are instructed that they need to clean up the rubbish on their side of the net and send it over to the other side. Cleanest team wins. On start command, children are to pick up a single 'piece of rubbish' (wiffle ball), find a flat marker to stand on and use overarm throw to launch rubbish to the opposite side of net. Continue for a few minutes then stop the game and count how many pieces of rubbish each side has. Team with least amount of rubbish wins! Mix up teams and repeat.

## Variations:

- Increase space size
- Place flat markers further from net
- Introduce an area between the teams' area that is a no-go zone
- Bonus points for players who catch rubbish

## Teaching Points:

- Ready: stand side-on like a surfer
- Aim: make a muscle man (throwing arm bent up above shoulder), point non-throwing arm at target
- Fire: step forward with opposite foot and throw

