

Clean up your Rubbish

Age:	2 - 5 Year olds
Participants:	1-30
Time:	5-10 Minutes
Equipment:	Small balls and/or beanbags

Skill(s):



Throwing

Set Up:

- Divide an area into two – you can use an existing structure in the outdoor area such as a log or play equipment or use cones to mark the area
- Scatter lots of balls and beanbags around one side of the area



Description:

Explain to children that someone has left their bedroom very messy and you all need to work together to clean it up. The mess or rubbish is the balls. Children clean up the room by throwing all the rubbish (balls) to the other side of the area. Once all the rubbish has been cleaned up, the children move as a group to the other side and repeat. Children are encouraged to pick up one piece of rubbish at a time and use an overarm throw to send it over to the other side of the area.

Variations:

- Increase space size
- Have an obstacle for children to throw over e.g. net, rope tied between trees, climbing frame, net
- Place markers down where children need to run to after they pick up a piece of rubbish and then throw from the marker before collecting more 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

