

#StayInWorkOut

Audience

Both Primary and Secondary



Bucket Challenge

Set up 3 – 5 buckets or other objects in a line, with smaller objects closer to you and bigger objects further away. Time 60 seconds and see how many balls you can throw into the buckets/objects. Score one-point every time you get a ball into the bucket.

STTEP *Ideas on how to adapt the activity in a National lockdown*

Space

- Can be played in any space no matter what size.
- Position the buckets closer to make it easier.
- Position the buckets wider or further apart to make it harder.

Task

- You only have one ball, so you have to run and pick the ball up after each throw.
- Bucket's placed further away are worth more points.
- Could you bounce the ball on the floor first, before getting it into the bucket?

Time

- How many points can you score in 60 seconds?
- How long does it take you to get a ball in every bucket?
- How many points can you score in 90 seconds?

Equipment

- If you haven't got any balls, you could use rolled up socks.
- If you only have one target, take a step back every time you get the ball in the bucket.
- If you haven't got any buckets, boxes or bowls use different sized pieces of paper.

People

- Why not make a house league where everyone has to play each other?
- You could play this game in a pair, as a team or individually.



Activity video link:

https://drive.google.com/file/d/1C_MDpI7933bg-a-yU_FNUghPXoo49BU-/view



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Hit the Gold

Mark a cross (gold) on a wall or piece of paper and draw 3 circles around it, they don't have to be a perfect shape. Measure the distance from the wall – 3 meters, 5 meters and 7 meters and place something to mark it. If you haven't got a measuring tape, use big steps. You have 3 throws at each distance and have to score as many points as possible. The cross (gold) is worth 10 points, inner circle 7 points, middle circle 5 points and outer circle 3 points.

STTEP *Ideas on how to adapt the activity in a National lockdown*

Space

- Stand closer to the wall to make it easier.
- Stand further away from the wall to make it harder.
- If no wall space, draw the target on a piece of paper and place on the floor.

Task

- You only have one ball, so you have to run and pick the ball up after each throw.
- Every time you hit a cross (Gold), take a step backwards. How far away can you get?
- If you need a bigger target draw another circle, which is worth 3 points.

Time

- How many points can you score in 60 seconds from 3 meters, 5 meters and 7 meters?
- How long does it take you to hit the ball in each circle, starting with the outer circle?
- How many points can you score in 90 seconds from 3 meters, 5 meters and 7 meters?

Equipment

- If you haven't got any balls, you could use rolled up socks.
- If you haven't got a measuring tape, use big steps to measure the different throwing positions.
- Use chalk or paper and pens to draw your target and place on the wall or floor.

People

- Why not make a house league where everyone has to play each other?
- You could play this game in a pair, as a team or individually.

Activity image



Activity video link:

<https://drive.google.com/file/d/1WF2xBC3yM15xHsgoSy2UpGSirSNQRMhU/view>

