Clean the Backyard

Equipment
- Volleyball Net
- Beanbags
- Colour Bands

Overview

Objective - To remove the throwing objects from playing area and throw onto opposing teams half.

Learning Outcomes
- Throwing for accuracy.
- Throwing for distance.

Set Up

1. Set up the playing area with a net (e.g. volleyball or badminton) in-between playing sides.
2. Assign an equal number of throwing objects (e.g. bean bags) on each side of the net.
3. Split students into two teams and assign playing side.

Get Started

1. On go, the students throw the beanbags over the net onto the opposition playing side.
2. Once the allocated time expires (e.g. 30 seconds) students should stop throwing.
3. Each team count the amount of beanbags on their playing side.
4. The team with the least amount of beanbags on their side wins the round (e.g. the cleanest backyard).

Rules

- Students must throw the beanbag overarm.
- Students need to be aware of objects being thrown onto their side.

Safety

- Ensure students are aware of throwing objects. Use soft objects to reduce the risk of injury.
- Ensure students have completed a warm-up prior to the activity.

Change it up

- Modify the height of the net.
- Create a "no go" zone in a centre third of the playing area requiring students to throw the objects further.

Notes