



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

SKITTLE BALL



▶▶ GETTING INTO THE ACTIVITY

Get active in a game which requires you to think defensively and offensively at the same time. Can you be the last person standing?

Each person playing will need a skittle. You could also use water bottles, filled with a small amount of water to weigh them down, if needed. Place your skittle somewhere around the edge of the room. You'll need to make sure that everyone playing is spread out to maintain social distancing.

To play, a ball should be thrown into the middle of the room. Everyone playing should aim to try and kick the ball to knock over other player's skittles. When a skittle is knocked over, that player is out of the game and must sit out. Continue playing until only one skittle is left standing.

To ensure social distancing is maintained, players are not allowed to tackle or come within 2 metres of another player. This therefore encourage you to produce accurate shots and also think about how you can use walls to rebound the ball around players. You may also want to introduce a rule which says you cannot travel further than 2-3 metres of your skittle to help with social distancing.



WHAT YOU'LL NEED

- Skittles / Plastic Bottles
- Football



KEEPING EVERYONE SAFE

Maintain social distancing throughout the game. If social distancing isn't being maintained then think about reducing the number of people playing at one time or introducing forfeits (i.e disqualification) if social distancing is broken.