



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

DODGE THE ASTEROID

PART OF THE SPACE THEMED PROGRAMME

▶▶ GETTING INTO THE ACTIVITY

Navigate space whilst dodging dangerous asteroids which are hurtling through space, looking to knock you off course.

To set up the game, line the group (socially distanced where required) along the side of the room. The child who is at the front of the line is first up and they should stand at the end of the room. Everyone else should then move one position up the line. When the person playing is ready, they should run as fast as they can from one end of the room to the other. During this time leaders throw soft balls below the knee. All children who make it to the other end of the room without getting hit by an asteroid should be awarded a point. Continue playing, allowing each child to have a few turns. Who can get the most points by the end of the game?

Vary the game by having more / less asteroids (balls) being thrown or by having two or three children running at the same time (depending on space).



WHAT YOU'LL NEED

- Soft Balls
- Cones



KEEPING EVERYONE SAFE

Maintain social distancing where required. Try to use coloured / marked balls, with leaders only touching their ball throughout the game. Balls should be kept along the floor to reduce the chance that the ball will hit a child's hands, arms, face etc.