



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

ARMAGEDDON



GETTING INTO THE ACTIVITY

A fast-paced game combining dodgeball and football into an ultimate battle to be the last person / team standing.

Each player will need a skittle (or a weighted plastic bottle). These should be spread out randomly in your playing space. The game is played with soft balls. There should be at least two balls in play at any time, but the more the better. These balls are thrown or kicked by players. If your pin is knocked over, either by a ball or by you accidentally knocking it over, you are out. Players can only throw or kick a ball when stood next to their pin, they can leave their pin to retrieve a ball. To help control this, you could use hula hoops, with players needing one foot inside the hoop before throwing / kicking a ball. When there are only three people left, players do not need to be by their pin to throw / kick a ball. The last person standing is the winner.

Team Game: Split into teams, with teams wearing bibs. Teams should be randomly spread around the room. Play as per the rules, but teams should only aim to knock over the other team's skittles. This can be achieved by working together, passing the ball around in quick bursts to attack skittles from different angles.



WHAT YOU'LL NEED

- Soft Balls
- Skittles (Or Plastic Bottles)
- Hoops (Optional)



KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please clean hands both before and after. Ensure the space you are using is safe and appropriate.