

# ★ ACTIVITY / GUARD THE BOUNDARY

## FOCUS:

THROWING, TEAM WORK

**DURATION:** 8 MINUTES MAX.

## EQUIPMENT:

1 RUBBER BALL PER PARTICIPANT  
2 ROPES, 1 SCORCHER BALL,  
CONES



## DESCRIPTION:

- ▶ Participants are in two teams.

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- ▶ Participants are positioned between the cones and the ropes.

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- ▶ Participants are not allowed to go in front of the cones or over the ropes to retrieve a ball.

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- ▶ One team aims to get the balls over the opposing team's rope to make boundaries. The other team is trying to do the same thing.

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- ▶ Participants field the balls and try and stop them from going past the rope behind them. When they retrieve a ball, they roll it and try to pick the gaps to score boundaries against the other team.

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- ▶ Once all the balls are past the boundaries the game stops. The balls are counted and the team with the least amount of balls past their rope wins.

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- ▶ Participants collect the balls and a new game starts.

## MAKE IT EASIER:

- ▶ Increase the distance between the cones and ropes

## MAKE IT HARDER:

- ▶ Increase the throwing distance

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- ▶ Have participants create their own targets, encourage creativity here!

