

Movement Challenges & Games

KEEP THE BASKET FULL

- Choose 2 students to be the 'throwers' and the rest of the class to be the 'retrievers', who spread out around the area.
- 'Throwers' each have a 'basket' or hoop with bean bags or balls in it.
- On the signal, the 'throwers' have to try to empty the hoop as quickly as possible by throwing items out one at a time, with the intention of emptying their basket.
- The 'retrievers' fetch the items that have been thrown out of the hoop and return them as quickly as possible, one at a time, by running them back in and placing them back into the basket. With the intention of 'Keeping the Basket full'.
- Game ends once both hoops have been emptied or the time has expired.

Equipment: Bean bags, Tennis Balls.

Area Required: Half to full Basketball Court sized area.

Benefits

- Throwing.
- Teamwork.
- Initiative.
- Resilience.

How to explain the activity

- If you are concerned with the 'retrievers' being hit by Bean Bags or Tennis Balls, set up gates through which the 'retrievers' must enter before placing their collected item back into the hoop. Ask the 'throwers' not to throw in this direction.
- To reduce crowding around the hoops, each 'thrower' has two hoops...one that is being emptied and one that is being refilled. The items can only be returned to the hoop that the 'thrower' is NOT standing at and the 'thrower' cannot change hoops until they have emptied the one they are at.

Cues for debrief / reflection

- How could the items be returned more efficiently?
- How could the basket be emptied more efficiently?

How to vary the activity

- More or less 'throwers'.
- Only use left hand or right hand.
- Blindfold the 'throwers' or some of the 'retrievers' to increase cooperation/collaboration.