

Movement Challenges & Games

NOT IN MY BACK YARD

- Place equipment randomly on each side of the centre line of a basketball or similar court.
- Use different types of equipment such as tennis balls, Frisbees, bean bags, soccer balls etc.
- Divide students evenly between the two sides.
- Once the whistle goes, the aim is to try and get as much of the 'junk' out of your 'backyard' and into the other team's 'backyard' (i.e. over the line).

Equipment: Any and many pieces of sports equipment as available.

Area Required: Basketball, tennis, netball court or any sized grassed area.

Benefits

- Strategy (What was the quickest way to remove the junk?).
- Honesty (Did I follow the rules? Did I try my best?).
- Co-operation (Am I including others?).
- Teamwork (How am I using others to achieve the goal?).
- Awareness (How do I avoid rubbish being thrown?).
- Movement (speed, agility).
- Skill development (throwing, catching).

How to explain the activity

- Tell a story of 'opposing parties' in the same street. Eg Mick has a party next door to Cam and they both want to clean up their mess.

Cues for debrief / reflection

- What was my strategy for speed?
- What was my strategy for throwing?
- Is this a team game? An individual game?
- What did it feel like when you became tired?
- Did I move around a lot or did I stay in the same spot?
- What are effective ways to move around and throw at the same time?
- What did you find challenging about that game?

How to vary the activity

- Use different cues for different equipment:
 - Tennis balls - roll;
 - Bean bags placed on head and tipped over the fence without using hands;
 - Gator skin - kick;
 - Frisbee - throw.
- Use only left or right hand or indicate that some students can only use their hands and some only their feet.

