

#StayInWorkOut

Snowball Fight



Primary challenge card

The aim of this game is to try and clear your area of 'snowballs' by throwing them in to the other players zone. The winner is the player with the least snowballs in their court when the timer stops!

STEP

Ideas on how to adapt the activity in a national lockdown.

S



Space

- This game can be played outside or inside (if you are playing inside make sure the space is clear and free from any breakable objects!)
- Mark out a playing area and split it evenly down the middle.

E



Equipment

- Cones or other markers to show the playing area.
- If you have a net, then you can use this to split the playing area. Alternatively, you can use a rope or any other item that will make a clear, safe boundary between the zones.
- This game is best played with shuttles, but if you do not have any, you can use any other type of ball. Alternatively, you can try using bean bags, scrunched up paper or rolled up socks if you need more equipment!

T



Task

- Scatter as many shuttles as possible evenly between both sides of the playing area.
- When you hear 'GO', players can pick up 1 shuttle at a time and throw it over to the other players zone, without crossing the central line.
- At the end of the allocated time, the team with the least number of shuttles on their side of the zone wins.

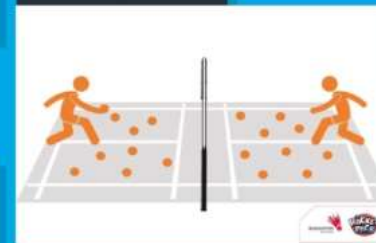
T



Time

- Start off by playing for 30 seconds. You can adjust the time to make the challenge more difficult or easier.
- Try giving one player/team a short head start if they are consistently behind.

In action



P



People

- You need at least two people to play this game.
- If there is more of you, make the playing area bigger and split up into teams.

Activity video link:

For more challenge ideas go to: www.badmintonengland.co.uk/play/choose-your-court-time/virtual-activity-finder/

www.yourschoolgames.com

