

CLEAR THE AREA

Achieve the challenge

The aim of the game is to end up with as few items as possible in your area.



How to play

1. Get into two teams.
2. Mark out a large area with cones or markers across the middle, creating a centre line.
3. Equal numbers of soft throwing items are then placed in both halves of the area.
4. In your team, discuss how to spread out and cover your area.
5. When ready, throw the items from your area into the other team's area.
6. After the time is up, one point is scored for every piece of equipment in the other team's area.

Equipment

Essential

- Open space to play the game.
- Soft throwing equipment, e.g. shuttlecocks, soft balls, beanbags... be creative!

Optional

- Stopwatch.
- Cones or lines to mark the playing area.
- Net or rope to form a barrier.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Only use soft throwing equipment.
- Ensure playing area is safe.
- Children should be aware of others when throwing and be encouraged to throw into a space.

Link it up

This game lets you try different ways of throwing, which is useful in sports such as athletics, rugby and cricket.

Think tactics

- What is the best way to arrange your team so you can cover the whole area?

Spirit of The Games



Passion:

Are you trying your best right up until the time is up?



Honesty:

Do you stop throwing equipment after the time is up?



Respect:

Are you throwing the equipment into space or towards other players?

CLEAR THE AREA

Roles for leaders and officials

- Mark out the area with cones or markers across the middle (use a net or rope if necessary).
- Include lots of soft equipment to throw.
- If anyone looks unhappy, find out how you can make it better.
- Points could be given to teams demonstrating the Spirit of the Games.
- Check players are throwing one piece of equipment at a time.
- Time the games.

Including Everyone

- Have different sized objects at different levels for players who find it difficult to bend down.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Use a smaller playing area.
- T** If using a net as the centre line, replace this with cones and roll/push items along the floor.
- E** Reduce the amount of throwing items.
- P** Try the game with bigger teams.

HARDER

- S** Use a larger playing area.
- T** Use a net as your centre line which makes you throw your items higher.
- E** Increase the amount of throwing items.
- P** Try the game with smaller teams.

Change it up

- Change the throwing action that you use, e.g. overarm, push, underarm, one-handed, two-handed, non-dominant hand.
- Add in targets. Hitting these gives a bonus or minus number, which can be added or taken off your team's score.
- Add in high value pieces of equipment, try to identify them quickly and get them out of your area.
- Create an area for more than two teams to play, giving you a choice of area to throw into.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

It's important to make sure you can answer YES to the following questions.



SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer YES to these questions, make sure you **STEP in.**