Throw, throw, throw! 2 groups of equal size face each other. Each player has a scrunched-up paper ‘ball’. On a signal, players throw their paper ball over a line in the direction of the opposite team. After a set period, balls are counted to see who has the fewest balls.

What you need
>
> Markers to separate groups
> Recycled sheets of A4 paper
> Optional – a marking pen

What to do
>
> Divide the group into 2 teams, see Form a group.
> Play for a set period, e.g. 30 seconds. That can be a lot of throwing!
> Encourage different strategies, e.g. gatherers and throwers work together.
> Players should ‘throw fast and throw smart’!

Scoring
>
> The winning team is the one with the fewest paper balls.

Change it
>
> Each player writes their name – when the throwing is over, players find the person whose name is on the ball. A good ice-breaker with new groups whose players don’t know each other.
> Sitting – players remain seated for the activity.
> Backwards – players throw backwards over their heads.
> Between the legs – players throw between the legs (face forward or backward).

Safety
>
> Paper balls should be sufficiently loose so as not to cause hurt.
> A ‘no-go’ zone ensures players are separated.
> Players should not cross the ‘no-go’ zone until the game stops.

LEARNING INTENTION
Throw, throw, throw! is a short sharp energiser that involves throwing, quick movements and spatial awareness.