# LITTERBUG

Description of Activity

Arrange pupils in two groups. Place a dividing line using skipping ropes, cones or chalk markings on the ground between the two groups. Give each pupil a piece of old newspaper to scrunch up into a ball. On a given signal both groups begin to throw the paper balls out of their area and into the other groups area. Pupils continue throwing for a set period of time, throwing back the newspaper that lands on their side of the line. The winning group is the group that has fewer paper balls in their area at the end.
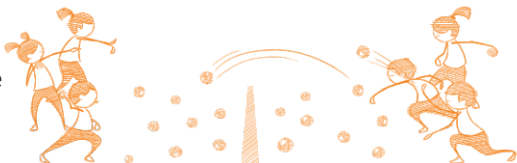
Reset the activity again, dividing up the newspaper balls and distributing them evenly to both groups. For the second round, pupils may only use one hand to pick up and throw the paper ball, keeping the other hand behind their back. Alternate the throwing hand to practise on both sides.

Variations

- Use soft balls or beanbags instead of newspaper balls.
- Divide the playing area in half and play two concurrent games.
- Arrange the pupils in four groups. Divide the playing area into four grids, with one group at each corner of the grid. Play four groups against each other.

Equipment

An open playing area, skipping ropes, cones, chalk, newspaper

- **Ensure pupils throw the paper balls safely, aiming them for the ground and not at members of the opposing group.**
- **On the stop signal, pupils must freeze on the spot with their hands on their head to remove the temptation for one more throw.**
- **Recycle the newspaper after the game has concluded.**
- **Pause the activity at intervals to focus on the specific teaching points for throwing in the lesson. Invite a pupil to demonstrate correct technique, allow the pupils to practise in pairs with balls of paper, and then return to the activity. Provide feedback to individual pupils as they practise throwing during the activity.**

- **Draw a picture of you throwing in your PE journal.**

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