

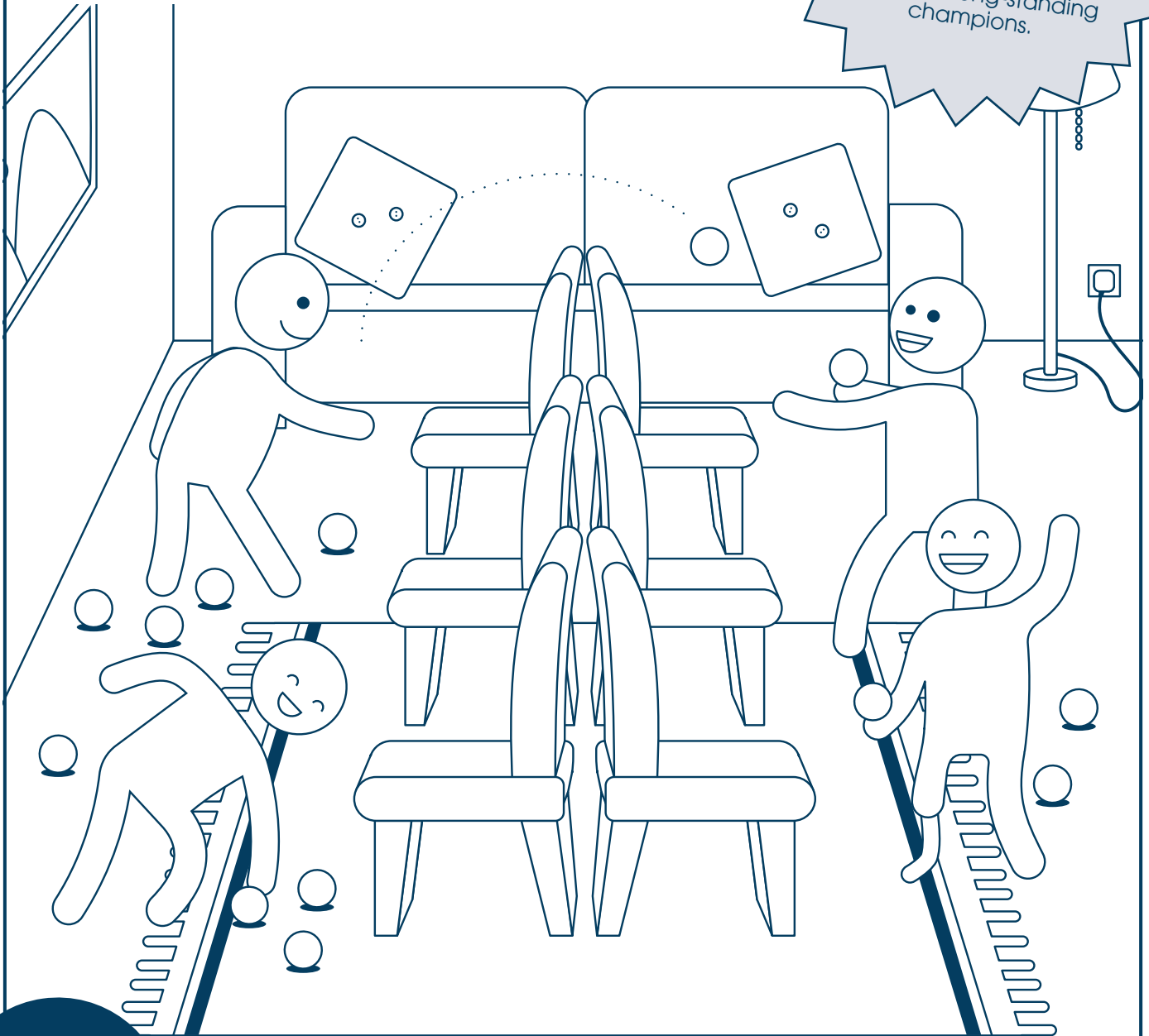
# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## SNOW BATTLE

雪合戦 | Yukigassen



### Did you know?

Yukigassen (snow battle competitions) started in Japan in 1988 and have now spread all over the world. The Japanese national team are long-standing champions.

Colour me in!



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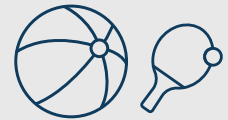
10 Mins



# SNOW BATTLE

雪合戦 | Yukigassen

Ball Games



Turn the Christmas clear up into a fun game to get everyone moving with this indoor twist on a snowball fight!

## Activity type

Home

Away

Indoor

Outdoor

## Equipment

Wrapping paper, chairs/marker



# How to play



1

Create your indoor snowballs by crunching wrapping paper in balls as you unwrap your Christmas presents. Keep these to one side.

2

Split players into two teams and divide a playing area into two. Divide the areas with a sheet, line of chairs, or a clothes hanger (perhaps decorated with Christmas stockings?!).

3

The object of the game is to clear your team's playing area of all snowballs by throwing them into the other team's zone. Set a time limit (e.g. 1-2 minutes) and start with equal numbers of wrapping paper snowballs on each side.

4

Go! Players try to clear the snowballs from their area. At the end of the time the team with the fewest number of snowballs in their zone wins.

5

Play multiple rounds by keeping score of how many snowballs were left in each team's zone. The team with the lowest score will win. At the end of the game offer a bonus -5 points for the quickest team to clear their snowballs into a recycling or bin bag!

## Variations

- Add a third team and playing area for added tactics, chaos and fun!
- Offer a bonus -1 point for every opponent's snowball a team member catches in mid-air.

## Challenge yourself

- Challenge players to only use one hand during the game.

## What next?



### Try something similar

Dodgeball, basketball, netball, a real snowball fight.



### Try something different

Christmas musical statues, aerobics, Radio Tasio exercises.



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