

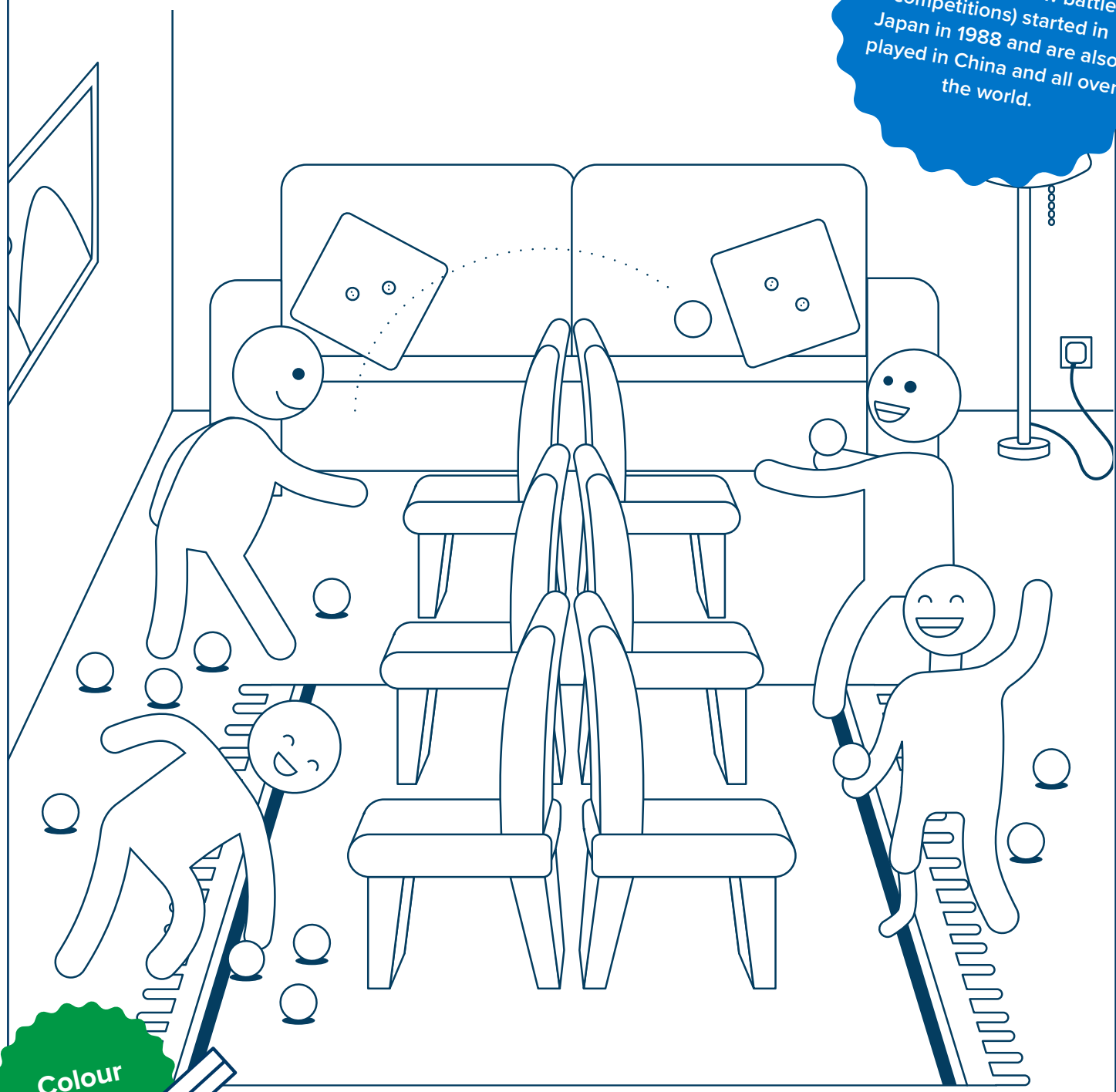


WINTER TENS

 **A 10 minute activity to get everyone moving!**

SNOW BATTLE

Did you know?
Yukigassen (snow battle competitions) started in Japan in 1988 and are also played in China and all over the world.



Colour me in!

10 Mins



SNOW BATTLE

Ball Games



Get into the Winter spirit with a fun, indoor twist on a snowball fight!

Activity type

Home

Away

Indoor

Outdoor

Equipment

Paper, chairs/marker



How to play



1

Create your indoor snowballs by crunching paper in balls. 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.

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 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

Musical statues, aerobics, Radio Tasio exercises.



Log your activity and find more Winter Ten activities and resources at getset.co.uk/bound-beijing