

Topple the bottle

Age: Suitable for all ages

Equipment required: A large plastic bottle (eg. washing liquid bottle), 2 chairs, 2 beanbags

Space required:

Hall or similar large space free of furniture

Setting up:

Divide the group into two equal teams and have teams sitting in lines facing each other against opposite sides of the space. Each team should be sat in order of size.

In the space between them, place two chairs at opposite ends and place a beanbag on each chair. Halfway between the chairs, make a small cross on the floor using masking tape and place the bottle on it.

How to play:

Give numbers to each person in both teams. Check that each one knows what their number is. Explain which team is running to which chair and that when they hear their number, they should run to the back of their chair, pick up the beanbag and throw it at the bottle.

Emphasise that they must stand behind the chair when they throw it.

The winner is the player who knocks over the bottle. This person puts the bottle back and both players return the beanbag to their team's chair before returning to their team.

Check that everyone has understood the rules.

Now call out a number to start playing. Have another leader/helper keeping score.

Notes:

You can vary the distance between the chairs depending on the age group who are playing.

