

# ★ OPPOSITES ATTRACT ★

## Achieve the challenge

The aim of the game is to get your team's beanbags as near to the target as you can.

## How to play

1. Mark out a square.
2. Get into pairs, standing directly opposite your partner on the opposite side of the square.
3. Players have two beanbags each in the same colour as your partner.
4. A target is placed in the centre of the square.
5. Take it in turns to throw your beanbags towards the target.

## Equipment

### Essential

- Open space to play the game.
- A target and beanbags (in two different colours if possible).

### Optional

- Cones or markers to mark out your area.
- Measuring tape to measure the closest beanbag.

## Spirit of The Games



### Self-Belief :

Do you believe your beanbag will land where you are aiming?



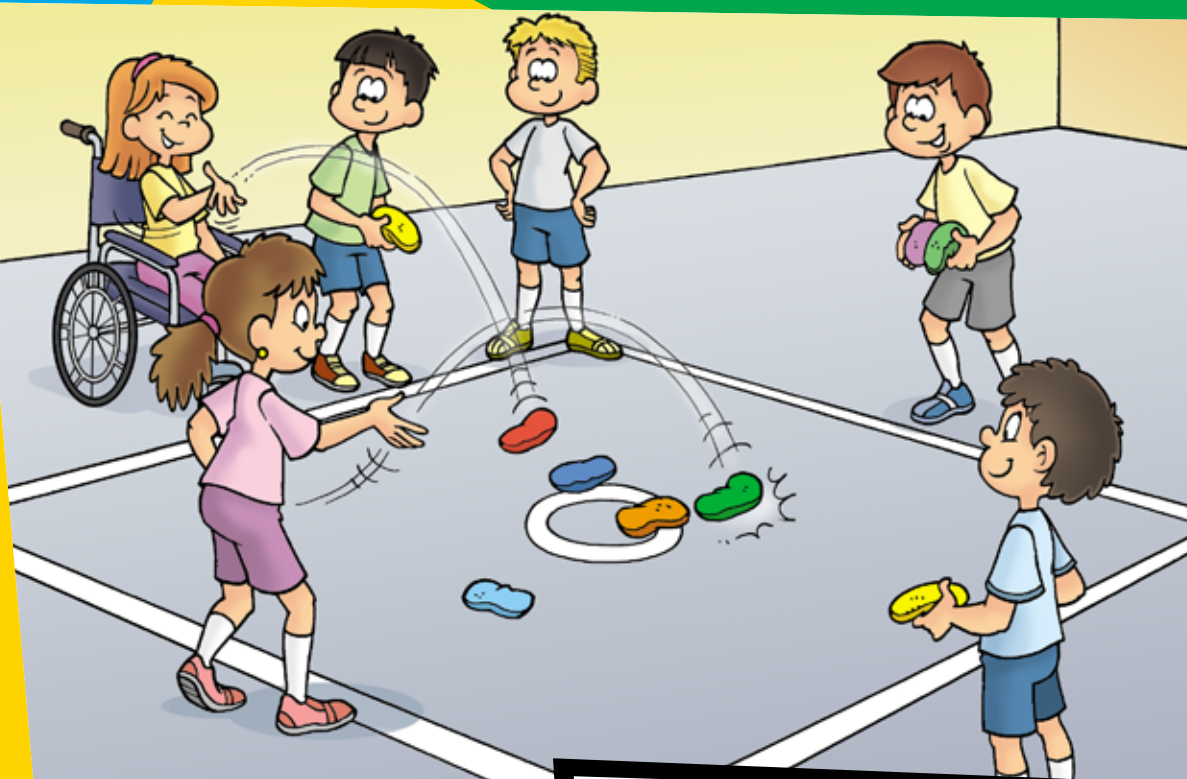
### Determination:

Can you keep your focus when a throw doesn't go where you want?



### Honesty:

Are you always honest about which beanbag you think is closest to the target?



## Play the video

Scan this QR code on your mobile device to watch how the game is played.

## Safety

- Ensure playing area is safe.
- Ensure only one player is throwing at a time.
- All players should go inside the square to collect their beanbags only after the last beanbag has been thrown.

## Link it up

This activity helps you aim accurately which is important in sports such as bowls, boccia and new age kurling.

## Think tactics

- Is it better to place your beanbag to get near to the target or obstruct your opponent?

## ★ OPPOSITES ATTRACT ★

### Roles for leaders and officials

- Mark out the area and make sure the target is put in exactly the right place each time.
- Ensure all equipment is available on each court.
- If anyone looks unhappy, find out how you can make it better.
- Check throwers are behind the line.
- Check everyone takes turns.
- Measure the closest beanbag to the target once the game has finished.

### Including Everyone

- If someone finds throwing difficult they could use a ramp to roll a ball down.

### STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

#### EASIER

- S** Reduce the size of square.
- T** Move around the square to throw from a different angle.
- E** Increase the size of the target.
- P** Increase the size of the teams.

#### HARDER

- S** Increase the size of the square (or make your own shape).
- T** Use your non-dominant hand.
- E** Reduce the size of the target.
- P** Add in a defender to guard the target.

### Change it up

- Try different types of throwing actions.
- Use more beanbags and try to push the target into an opponent's corner whilst moving around the square.
- Create more than one target area which give different amounts of points for landing on.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

### SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

#### SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.

