

## The Guard Tower

### How to play this game:

Set up a skittle in a hoop. One child stands in front of the skittle guarding it, they cannot stand inside the hoop. The other children stand two to three metres away from the skittle. The other players try to knock the skittle down using the balls, they cannot move with the ball. The defender is allowed to block the balls, catch them or kick them away from the skittle. Whoever knocks the skittle down becomes the new defender. It may be helpful to draw a line on the ground that throwers must stand behind.

### Adaptations

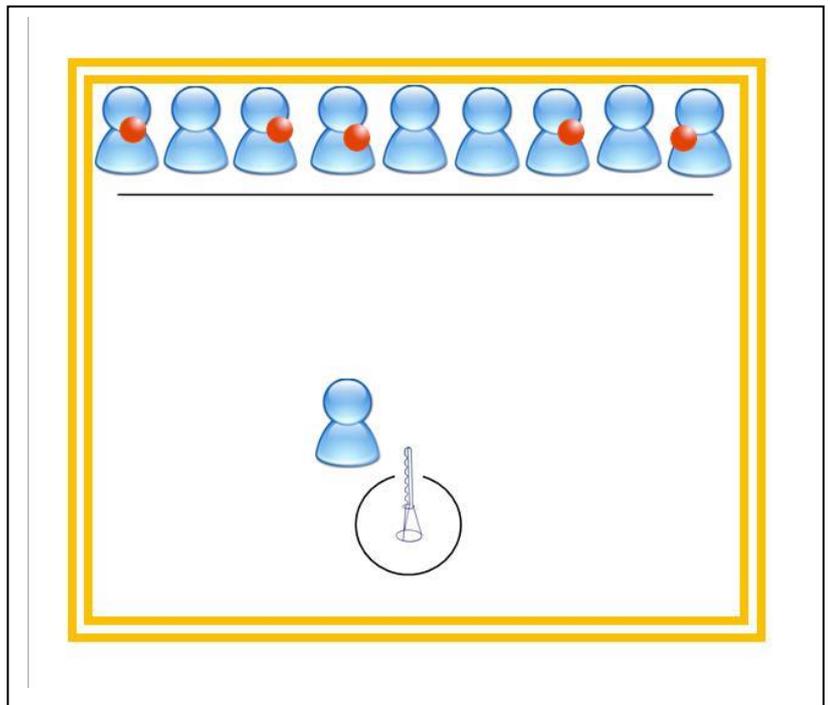
An alternative is to use a soft football instead of small soft balls. The children have to kick the ball at the skittle. If you use this version, make the children stand further away from the skittle and the defender.

Have the players with the balls stand in a large circle around the outside. Use two defenders for this but this will save you time and you won't have children constantly retrieving balls that they have thrown.

Have different lines, some closer than the others, put the children with weaker throwing skills on the lines closer to the skittle.

Gently rest a tennis ball on top of the skittle. Then give the children smaller sponge balls and get them to throw these, this can be used as a fielding drill for rounders or cricket. The small balls are unlikely to knock over the skittle but will dislodge a tennis ball resting on top.

If there are a large number of children playing, use more skittles and more defenders.



### Learning Objectives

- Turn taking
- Throwing skills
- Can be used as a fun warm-up or cool-down

### Resources

- Activity area
- Skittle
- Soft balls