

Game



Apple Orchard Relay

Objective

The goal of this game is to harvest all the “apples”.

Set-Up

- Divide participants into groups of three to four.
- Groups begin by lining up behind a start line.
- For each group, place six cones each with an “apple” balanced on top (i.e. small ball), spacing the cones 1-2 metres from each other.
- Place a basket to collect the fallen apples at each starting line.
- Each group is given a beanbag.
- On your “GO!” signal, the first participant underhand throws their beanbag to try to strike a cone. If the “apple” falls, the participant runs to collect the apple and places it in their team’s basket.
- They then return to the start line and pass their bean bag to the next teammate in line.
- If the apple does not fall, they simply collect the bean bag and pass it to the next teammate in line.
- Continue for 3-5 minutes until all six “apples” have been retrieved.
- Challenge participants to count how many attempts it took to have all six apples fall and try to lower that amount in the next round.

Adaptations and Modifications

- Shorten/increase the distance to the target.
- Change the method of throwing (i.e. overhand throw).
- Add colour-coded apples worth different different points (i.e. red - 1 point; green - 2 points).

Safety

- Make sure participants are aware of their activity space due to the knocked down balls.
- Ensure there is sufficient space between group lanes to avoid collisions.

Diagram: Apple Orchard Relay



Equipment Bean bags, bins, cones and small balls