

## Activity sheet 5

### Get active

It is important to be active to help you stay fit and healthy. Try this fun game.

#### Sweetcorn skittles

2 or more players

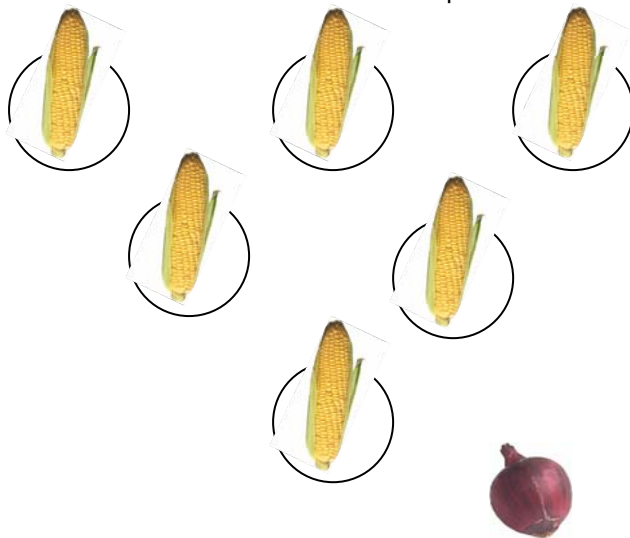
You will need:

6 corn on the cobs and an onion



#### Instructions

Set the sweetcorn skittles up as shown below.



Decide how far away from the skittles all the players should stand.

Take it in turns to have 2 throws of the onion to try and knock down as many skittles as possible.

A player scores one point each time a skittle is knocked down.

The person with the highest score after 5 turns is the winner.

Can you make up any other games using different foods? Remember to think carefully about the foods you use or it could get a bit messy!