

BLUEY'S HEPTATHLON



EVENT 3



YOGA BALL PUT

Otherwise known as shot put.

How to Play:

1. Create a start throw line and an area to throw which you need to keep clear.
2. You need a yoga ball, balloon or beach ball (something soft and blown up).
3. You need markers (can be anything) to mark where the ball lands for each player.
4. You also need a tape measure.
5. Make sure nothing breakable is in the way and all pets have been removed from the area.
6. Take turns at throwing.
7. Call out "ready"- the players go to the start line.
8. Call out "set"- the players get in position with the ball.
9. Call out "go" - the players throw (one at a time).
10. Put a marker where the ball lands on the first bounce. Use a tape measure to measure the distance from the marker to the start line.
11. Whoever throws the furthest, wins.

Rules:

1. Each player can throw however they like, as long as it's from the same point, in the same direction, inside the playing area.
2. You cannot interfere with the ball as it lands.
3. No run ups.
4. You can twirl (or use shot put technique) but please don't get dizzy.

