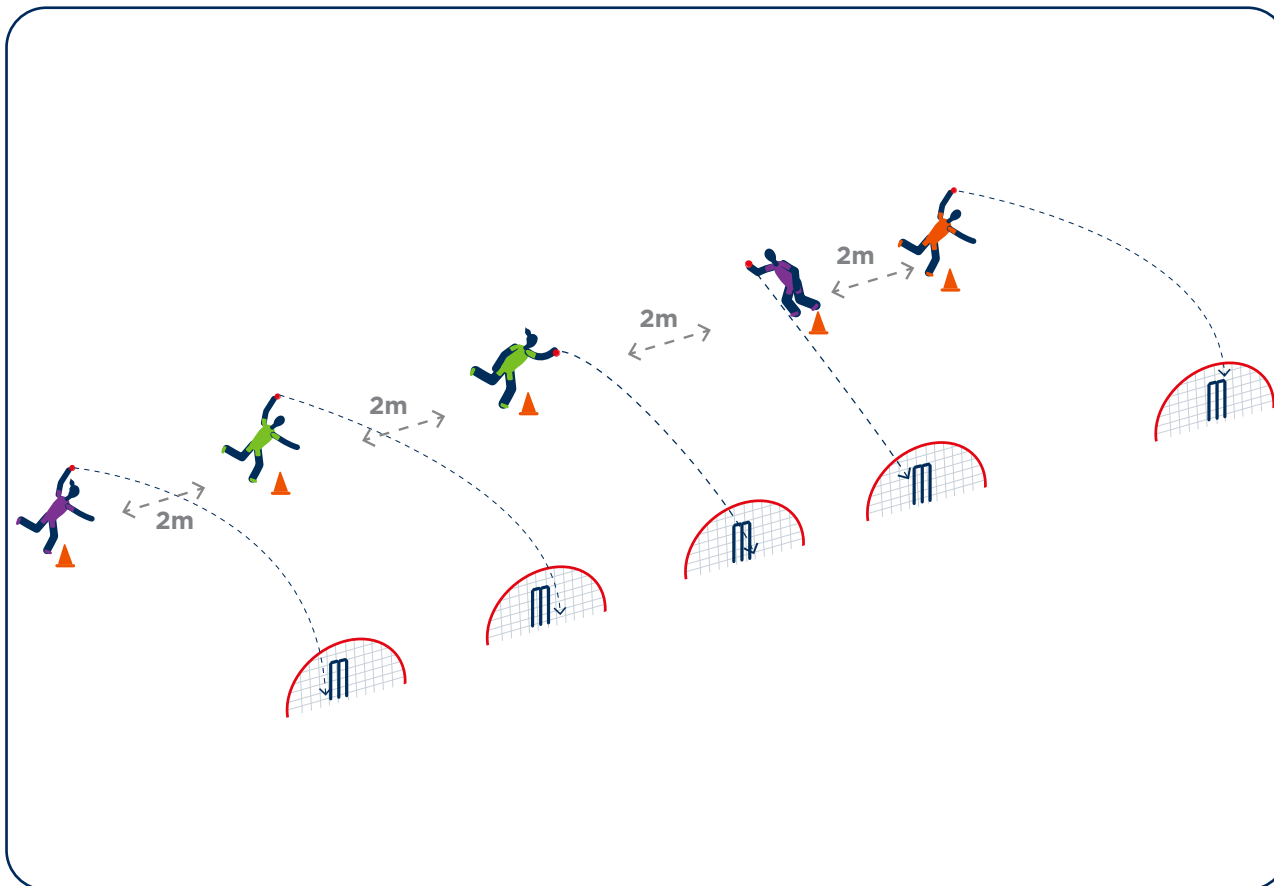


COVID-19 HIT THE STUMPS



Equipment

Per player:

Balls: 1+

Stumps: 1

Cones: 1+

Aim



Organisation

Players divided as illustrated

Players stand behind the coned area then attempt to hit the stump with an over-arm throw

The game continues for a set amount of repetitions or until a total has been achieved

The player with the most hits/points are deemed to be the winners

Players record their own personal bests

Adaptation/variation

Add more balls

Increase/decrease the amount of stumps

Increase/decrease the throwing distance

Use a bigger ball

Drop ball to self, pick and throw

Start facing opposite way to stumps

Press up, stand and throw



Hand sanitiser - write your name on it



Always remain two metres apart¹



One skin one ball¹



Do not share equipment¹

¹Unless from the same household
Guidance accurate as of 5 June 2020