

# Cup Pong

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## Equipment required

- Small balls/Circular objects of roughly similar size
- Table
- Cups (preferably plastic to reduce risks)
- Stopwatch/Phone

## How to play

- 1)Set up the cups into a triangular formation with one of the points of the triangle directly facing the start position
- 2)Ask someone to start the timer (set at one minute) and begin to throw balls into the cups
- 3)At the end of the minute count how many balls the player managed to get into the cup and write down the points they achieved

## Did you show the School Games values?

**Determination** – The player must continue attempting to get the balls into the cups even if most of them do not go in

**Teamwork** – All competitors must build confidence in others if things are not going to plan and provide encouragement

## How can the activity be changed (STTEP)?

### **To make cup pong easier:**

- Reduce the distance to which the player has to throw the balls into the cups

### **To make cup pong harder:**

- Increase the distance the player has to throw a ball into a cup
- Limit the number of balls a player has each round

