



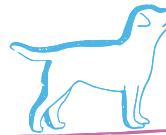
CUPS

Can you do all of the activities?



HOW TO PLAY

CUPS



- > Place twelve cups on the ground in a grid: Six cups upright and six cups upside down.
- > Player one has to turn all the cups upright
- > Player two has to turn all the cups upside down
- > Set the timer for 60 seconds. Ready Steady Go!
- > Count down the last ten seconds
- > Player one wins if more cups are upright or player two wins if more cups are upside down when the time runs out!

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > 12 cups

SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



REMEMBER

This is an activity everyone can get involved in!



Why not try?

- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #Bringbackoutdoorplay



ju=MP FUN DAYS