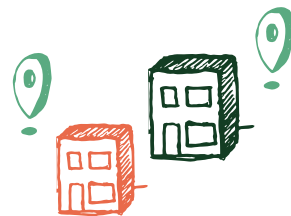


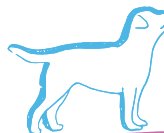


PICKLE IN THE MIDDLE

Can you get them out?



HOW TO PLAY PICKLE IN THE MIDDLE



- > Two people stand about 6 metres apart and the third person goes in the middle - this person is the "pickle in the middle"
- > The two players on the outside throw the ball to each other while the one in the middle tries to catch it
- > If the ball is dropped, any of the three players can get it
- > If the person in the middle catches or recovers the ball, the person who was the last to throw is now the "pickle in the middle".

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > A ball and a big open space

REMEMBER

This is an activity everyone can get involved in!



SAFETY...

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



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



For more fun activities visit:

[JOINUSMOVEPLAY.ORG/
JUMP-OUTDOORS/](http://JOINUSMOVEPLAY.ORG/JUMP-OUTDOORS/)

