

Get up &  
**go!**

## How to play

This game can be played indoors or outdoors.

Two players are to stand about two metres apart and the third player is to stand in the middle – they are the ‘piggy in the middle’.

The two players on the outside are to throw a ball to each other while the player in the middle tries to catch it.

If the player in the middle catches the ball, then the player who threw the ball last becomes ‘piggy in the middle’.

Make physical activity a regular part of your day.

1000  
TWEAKS  
to get you started

### Equipment

A ball

# Piggy in the middle

Group games and activities can only be played with people you live with.  
Follow current Coronavirus guidelines at all times.