



Guide for Teachers



CARTRIDGES 4
PLANET ARK

About the School Recycling Games

Learning is best when it's fun! The School Recycling Games are designed to be an engaging, entertaining way for students to learn about the environmental benefits of recycling and how to 'recycle right'. The physical elements of the Games will also help develop students' fitness, motor coordination, agility, flexibility and teamwork skills.

The School Recycling Games can be run in conjunction with the National Recycling Week lesson-based activities to help reinforce the key messages.

Fourteen Recycling Games are described in this guide. Teachers are encouraged to make any modifications necessary to maximise the suitability of the games for their students. Suggested variations are outlined for some games but they by no means represent the extent of the changes you can make. With such adjustments, the Games are suitable for students from early primary to middle secondary school.

Notes on playing the Games

Some of the Games are well suited for the whole class to play in teams, such as the Recycle Right Relay, the Recycling Obstacle Course, the Recycling Raft, the Recycling Scramble and the Waiter's Recycling Race. Other Games may be more suited to being part of a circuit, where teams rotate from one Game to another, such as the Phonebook Shotput, Recycled Pin Bowling and the Recycled Hammer Throw. With enough equipment and recyclable items, you could even organise a Recycling Games Carnival where multiple classes or grades are involved.

Each Recycling Game requires some recyclable items. Because the range of items accepted for kerbside recycling collections varies by location, it's a good idea for you to visit

RecyclingNearYou.com.au to check which items are accepted in your school's local area. You'll also find information on how to recycle other items such as batteries, printer cartridges, mobile phones, eyeglasses, used clothing, corks, household chemicals and much more. If you have any questions about the materials accepted in your school's local area, please call the Recycling Hotline on 1300 733 712 (9am – 5pm EST).

Some Recycling Games require a 'recycling bin' as part of the equipment. You can use any large container, such as a tub or large cardboard box, that is suitably sized and shaped. Attach a label that says 'recycling bin' so that its purpose is clear.

General tips

- ♻️ Remind students to drink plenty of water before and after playing the games. Our bodies are 70% water and our brains are 85% water!
- ♻️ Remind students to be **SunSmart**
- ♻️ In games where teams of students are competing against each other or are being timed, some students may get impatient with classmates who are slower or miss the 'ball'. Before the session begins, remind your class that they should work as a team, support each other, and help those who make mistakes. Some of the Games can be modified to replace the element of inter-team competition with achieving a 'personal best'.



**SCHOOLS
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1. Recycling Relay

The Recycling Relay has a dedicated lesson plan that includes learning outcomes, background information, points for class discussion and more detailed instructions. The basic rules of play are also summarised here.

You'll need:

- ♻️ 4 tubs labelled 'Recycling Bin'
- ♻️ 4 tubs labelled 'Rubbish Bin'
- ♻️ 4 cardboard boxes
- ♻️ A mix of empty recyclable and non-recyclable items. The types and quantities of items you decide to use is up to you. You will need 4 examples of each type of item you choose to use.

How it works:

1. Split the class into four groups. You will need four rubbish bins, four recycling bins and four sets of materials (both recyclables and non-recyclables) mixed up and placed into the four cardboard boxes.
2. Line up the four groups side by side with a cardboard box of recyclable and non-recyclable items next to the first person in the relay. Place a recycling and a rubbish bin opposite each group at whatever distance you prefer.
3. When told to start, the first student in each group must take one of the items from the cardboard box, run to their set of bins and place their item into the correct bin, before returning and tagging the next person in the team.
4. This continues until all the items in a team's cardboard box have been sorted. This may mean students rotate through the group two

or three times depending on the number of students per group, and the number of items to be sorted.

5. The winning team is the first to finish with all items in the correct bins.

2. Recycling Obstacle Course

For each team you'll need:

- ♻️ Objects to build an obstacle course such as cones, tyres, a very large cardboard box, a pole balanced on two rubbish cans, etc.
- ♻️ 1 recyclable item per student
- ♻️ 1 recycling bin

How it works:

Set up your obstacle courses using the materials you have. Cones can be used for students to weave their way in and around; tyres for stepping through; large cardboard boxes with open ends for crawling through; poles for students to go under (or over). Make use of existing features in the school grounds if possible e.g. benches and playground equipment.

Place the recycling bin at the end of the obstacle course. Students in each team take it turns to navigate the course as quickly as they can while carrying a recyclable object. As soon as one student has finished the course and placed their recyclable item into the recycling bin, the next member of their team can begin.



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3. Recycling Raft

You'll need:

- ♻️ 2 sheets of broadsheet newspaper per team
- ♻️ 1 or more recycling bins for the whole class

How it works:

Divide students into teams of three or four and give each team two sheets of newspaper. Teams start at one side of the field or hall (modify the distance as appropriate) and must move to the far end without touching the ground (the 'sea') i.e. they can only stand on the newspaper sheets (the 'raft'). This will involve everyone in the team standing on one sheet of newspaper, jumping to the next, passing the first sheet forward and so on. Once a team has reached the far side, they must place both their sheets of newspaper in a recycling bin. The fastest team across the field or hall wins.

This activity has a strong emphasis on teamwork and cooperation.

Variation:

If a team member overbalances or touches the ground, the team must start again.

4. Recycling Scramble

You'll need:

- ♻️ A large collection of recyclable items (preferably at least 3 items per student)
- ♻️ 2 recycling bins
- ♻️ An area with a clearly marked centre line (e.g. a sports field, playground or school hall)

How it works:

Divide the class into two teams and position the teams on opposite sides of the playing area. Place the recyclable items along the centre line, spread out as much as possible. Place a recycling bin at each team's end of the playing area.



As soon as the game starts, students run to the centre, pick up a recyclable item, run back to their end of the playing area, place the item in a recycling bin and repeat until there are no more items left. The team with the most items in their recycling bin wins.

5. Recycling Dodgeball

You'll need:

- ♻️ 6 soft-ish balls (e.g. underinflated soccer balls) – vary this number to suit your class
- ♻️ 12 recyclable drink cartons or bottles, with about 5 cm of sand inside each one (these will be used as skittles)
- ♻️ A playing area with a clearly marked centre line e.g. a sports field, playground or school hall (the 'court')

How it works:



Divide your students into two teams and allocate one side of the court to each team. At each end of the court, line up six 'skittles' about half a metre apart. Use chalk or another suitable material to mark a 2 metre 'exclusion zone' around the skittles.

Each team begins with an equal number of balls (e.g. 3 balls per team). Players can pick up the ball with their hands but must not allow any balls to hit them on the leg. The aim is to knock down all the skittles on the opposing team's side or to get all of the other team's players 'out' (whichever happens first). A player is 'knocked out' if they are hit on the leg by a ball.

Important safety rules:

The balls must be thrown underarm and players may only aim below the waist.

Players cannot enter the exclusion zone around the skittles, which prevents the skittles from being directly guarded. Players must stay in their half of the court unless they are moving off the court to collect balls that have rolled out of bounds. However players must not throw the ball until they are back inside their half of the court. Kicking is not allowed.

Variation:

Players who get 'knocked out' can be given a second chance to re-enter the game. This prevents students from sitting out for long periods of the game. To earn a 'second life', students must move to the side of the court and complete an activity (e.g. five sit-ups and five star jumps) before being allowed back on the court.

6. Recycling Bat-and-Ball

For each group of 6 students, you'll need:

- ♻️ A cricket bat, softball bat or similar
- ♻️ 4 to 8 empty milk or juice cartons, in a cardboard box or another suitable container (the more you have, the longer the game will run)
- ♻️ 3 recycling bins
- ♻️ 2 bases

How it works:



Each group is divided into a pitching team and a batting team, with three members in each team. Place the two bases apart on the field and ask the two teams to line up behind the bases. The front student in the pitching team becomes the first pitcher and the front student in the batting team becomes the first batter.

Place the container of empty cartons or bottles next to the pitcher's base. Arrange the three recycling bins a suitable distance away from the batter (which may be between the pitcher and batter). Working out the distance between the bases, and the locations of the recycling bins, may take some trial and error as it will depend on the type of carton or bottle used, the type of bat and the age of your students.

The pitcher pitches the carton or bottle underarm to the batter. The batter must try to bat the carton or bottle inside one of the three recycling bins. Hit or miss, both the pitcher and batter move to the back of their team and the next two students become pitcher and batter. If the first batter missed the recycling bins, the second pitcher picks up the fallen carton or bottle and pitches it again. If the first batter hit the carton or bottle into a recycling bin, the second pitcher picks up a new carton or bottle from the container. The game continues until all cartons or bottles have been successfully hit into the recycling bins by the batting team. Then the teams swap roles.

Tips:

Pitchers should aim to pitch the carton or ball within the 'strike zone'. The strike zone is the space above the batter's base which is no higher than the batter's shoulder and no lower than the batter's knee.





7. Waiter's Recycling Race

For each team, you'll need:

- ♻️ A mix of 5 or 6 recyclable containers (e.g. an aluminium can, a milk carton, a juice carton, a plastic soft drink bottle, a steel can, a completely empty aerosol can). Each team should have identical sets of items.
- ♻️ 1 tray
- ♻️ 2 cones or markers

How it works:

Balancing the recyclable containers on the tray, students must race from the starting cone to the end cone and back. Containers must be upright, not lying on their sides. Any containers that fall off the tray must be picked up immediately before continuing the race. Once a student has returned to the starting cone, the tray is passed to the next student in the team until all team members have had a turn. The winning team is the first team to finish.

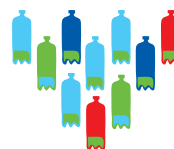
8. Recycled Pin Bowling

For each team you'll need:

- ♻️ 10 empty drink cartons or bottles (for bowling pins) with about 5 cm of sand in each bottle or carton. This will make the containers a little harder to knock over and more stable in a breeze.
- ♻️ 1 basketball, netball, soccer ball or similar
- ♻️ Chalk or another suitable material for marking out lines on the ground

How it works:

Arrange the 'bowling pins' in a standard ten-pin bowling configuration:



From a marked distance, students take turns to bowl over as many pins as possible with two bowls of the ball. Rotate the players within the team so that one person is positioned behind the pins ready to catch and return the ball.



For players who successfully knock over all ten pins with two bowls of the ball, ask them to move a few metres behind the marked line and try again.

9. Phonebook Shotput

You'll need:

- ♻️ A disused phonebook (the pages may get damaged during the game)
- ♻️ Some rope or another suitable material to mark the outline of a circle
- ♻️ A sports measuring tape

How it works:

On a field, mark out a circle with a diameter of 2.5 metres.



Students take it in turns to shotput the phonebook as far as they can. Each student is allowed to have two tries and the best of the two distances is taken as their final score. Ask two students to measure the distance with the sports measuring tape and rotate this responsibility from time to time.

How to do the shotput:

Standing inside the marked circle, students take turns at resting the phonebook on top of their shoulder and/or against their neck, and throwing it 'shotput style'. The phonebook must be released above the shoulder with one hand. The shotput contestant must remain inside the circle until the phonebook has been thrown.

Tip:

Get students to warm up their muscles before this activity by dynamically practising the movement about 10 times without the phone book.



10. Recycling Hammer Throw

You'll need:

- ♻️ A large sack or sturdy bag
- ♻️ Enough empty recyclable containers (not made of glass) to half-fill the sack
- ♻️ Some rope or another suitable material to mark the outline of a circle
- ♻️ A sports measuring tape

How to make the 'hammer':

Place the recyclable containers inside the sack until it is half-full. Tie the sack closed.

How it works:

On a field, mark out a circle with a diameter of 2.5 metres.

Students take it in turns to throw the 'hammer' as far a distance as they can. Each student is allowed to have two tries and the best of the two distances is taken as their final score. Ask two students to measure the distance with the sports measuring tape and rotate this responsibility from time to time.

How to do the hammer throw:

Hold the sack and swing it in circular motion whilst spinning yourself around in circles. Take a few turns (inside the circle) then release the sack at the front of the circle so that it sails as far as possible through the air. The thrower should remain inside the circle until the sack has been thrown.

11. Recycling Javelin

You'll need:

- ♻️ 8 x 1 litre plastic milk or juice bottles, or 8 x 1 litre gable-top cartons (e.g. fresh milk cartons)
- ♻️ Sticky tape
- ♻️ A sports measuring tape

How to make the javelin:

Making the javelin may be a suitable activity for your students or you can construct it yourself.

Cut the bottom off the bottles or cartons, leaving one intact. Insert the top of one bottle or carton into the opening of another so that two are now connected, and use tape to secure the joint. Continue with the rest of the cartons or bottles, leaving the intact bottle or carton till last, until you have one long 'javelin'.



Variation:

Make the javelin heavier by wadding up newspaper and stuffing it into the bottles/cartons before joining them together.

How it works:

The aim is to throw the javelin as far as possible using the classic javelin-throwing technique. Ask two students to measure the distances thrown with the sports measuring tape and rotate this responsibility from time to time.

Tip:

Get students to warm up their muscles before this activity by dynamically practising the movement about 10 times without the javelin.

12. Recycling Hoopla

For each team you'll need:

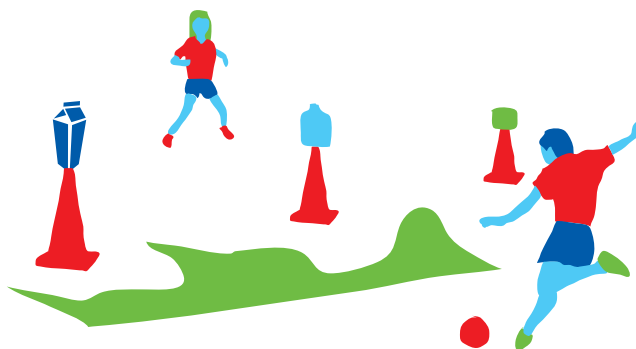
- ♻ 5 empty drink cartons or bottles
- ♻ A basketball or netball hoop (for older students) or a raised milk crate or bucket (for younger students)

How it works:

From a set distance away, students take it in turns to try to shoot all 5 cartons or bottles into the hoop, milk crate or bucket.

Variation:

If a student can score all 5 hoops, get them to repeat the exercise from further away.



13. Recycling Sharpshooter

For each team of 2 students you'll need:

- ♻ 3 cones
- ♻ 3 empty milk or juice cartons
- ♻ 1 soccer ball
- ♻ You'll also need a stopwatch.

How it works:

Start with a baseline (e.g. the edge of a field) and ask each pair of students to set up their cones in a row a certain distance away from the baseline. Balance a carton on top of each cone.

Student A is positioned on the baseline opposite the cones and student B is positioned behind the cones. Student A begins as the sharpshooter and must try to knock a carton off a cone by kicking the soccer ball from behind the baseline. Hit or miss, student B must try to field the ball then dribble the ball back to the baseline. In the meantime, player A runs to take position behind the cones. Once both players have switched positions, they repeat the exercise. To win the game, the players must knock all three cartons off the cones within two minutes.

Variations:

You can also have teams of three. Modify the game so that student B passes the ball to student C (standing to the side) who dribbles the ball back to baseline and becomes the sharpshooter. The game will move more quickly with three players so you may wish to shorten the game/round time to one minute.



If a team has successfully knocked all three cartons off the cones within the allocated time, move the cones further away and play again.

14. Recycling Skyscrapers

You'll need:

- ♻️ As many empty aluminium cans as possible. Teams will need an equal number of cans.
- ⌚ A stopwatch or a watch with a second hand.

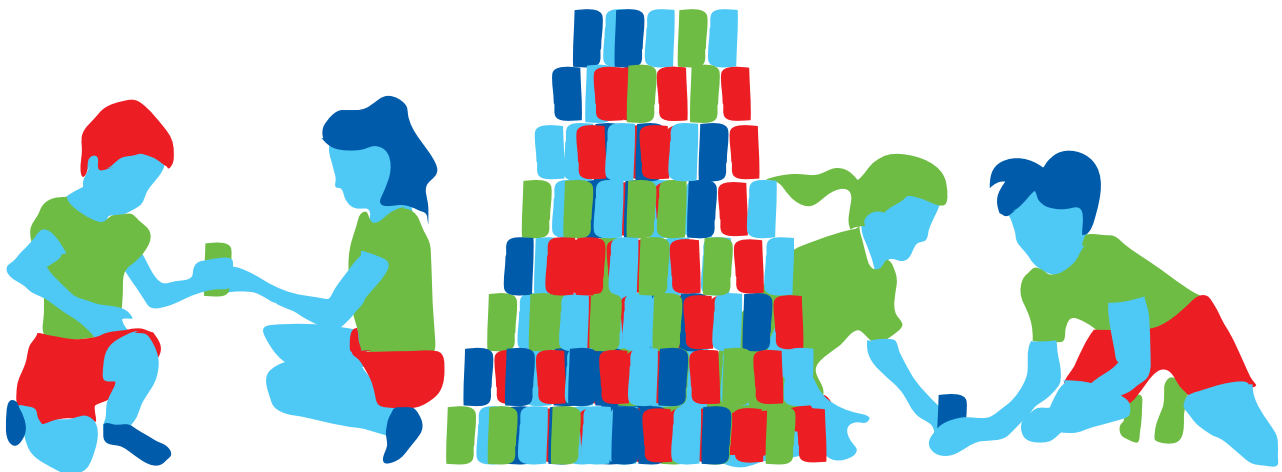
How it works:

Divide the class into teams. Each team must

try to build the highest pyramid of cans in one minute – but there is a restriction! Each team member can only touch the cans with the back of one hand. This means that to lift the cans to build the skyscraper, team members must work together and cooperate. The highest tower built within the allotted time wins.

Tip:

If you've managed to collect hundreds of cans in preparation for the School Recycling Games, consider whether a cash-for-cans collection system could work for your school.



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