



INTERSTELLAR GUARDIANS

Let's play and have some serious fun!

How to play

- Mark off a rectangular play area (at least 2x1 m) with paper tape.
- On the two long sides, position whatever material you have on hand (e.g., folded or rolled-up paper).
- In the middle of the two short sides, mark the planet's goals.
- Stand facing each other along the short side of the play area.
- Turn the paper cup upside down and try to hit the bottle cap into your opponent's planet.
- You only have one shot, then it's your opponent's turn.
- When you score a point, the game starts over with the other player.

HOW

Play with 2 paper or plastic cups, plastic bottle caps, cardboard paper, and paper tape.

WHO

2+ players
Basic game
and variations 1-3: 5/6+
Variations 4-7: 7+

WHERE

At home or outdoors
(on any smooth
surface like a table
or floor).

One game leads to another

- 1 Change the size of the planets**
Modify the size of the play area, making it bigger or smaller: this will make it harder or easier to score points.
- 2 Limits**
Now try playing with some limitations: for example, only use the left hand, change hand each shot, shoot from different positions (standing up with legs wide-open, lying down, leaning on one hand and one knee, etc).
- 3 Added touches**
Now you can flick the cap up to three times; you can also decide to use three shots in one go!
- 4 An extra planet goalpost**
Introduce an extra goalpost on both sides. Now you have two chances to score, but so does your opponent.
- 5 Two caps and two cups**
Try playing with two cups and two caps: can you make two shots at the same time with one cup in each hand?
- 6 Time challenge**
Set a time for each match. How many meteorites can you deflect into the other planet in that time?
- 7 The interstellar guardians can block the goals**
Play with the goalkeepers: when the opponent shoots, block the cap with your cup in your planet. If a player manages to block it, the cap is theirs and they can shoot in the opponent's goal.

How the game becomes a story

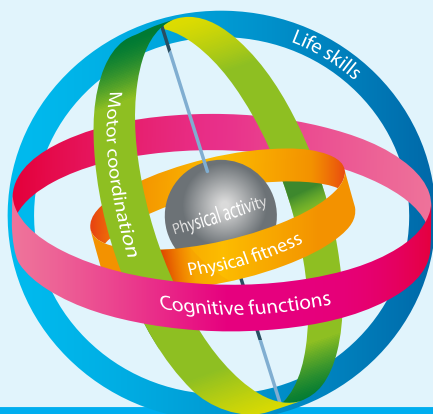
The family storyteller can start off like this: "Here are the two interstellar guardians who, with their flying saucers (cups), protect their planets from perilous meteorites (caps). To succeed in this important mission, deflecting the meteorites so that they don't harm their planet, each guardian uses their flying saucer to send the meteorites into their opponent's planet: that way they'll be captured in the other planet's orbit and stay there forever, going round and round and round!"

Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

The main features of this game are object control skills, in the collaboration between sight and hand movements, and the ability to focus attention. When children have to manage two cups and two caps, they have to bring into play more interlimb coordination ability; when they have to play in a position other than sitting down, they have to use more strength and balance; in the variations with two goalposts on each side, or when they can attack and block at the same time, the children have to shift from focused attention to divided attention. But it is above all the ability to make decisions in the heat of the moment that is continually put into play as they must choose when to shoot, towards which goal, when to attack or stay in defense, if and when to change strategy.

Put your own twist on the game and build a play community

Try elaborating this game. Create and invent new rules for each match. And if new players join the game? Now you can extend the area, play two against two.

Share with others your family playtime moments
by tagging [@kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving) and using [#kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving)
we have more fun together!

Growing up active, growing up happy!

[kinderjoyofmoving.com](https://www.kinderjoyofmoving.com)

