

# Catapults

Instructors Notes Last Reviewed 25 January 2026



**Objective:** To provide a safe environment for challenging and enjoyable activities to take place that develop participant's physical, social and mental skills.

## Equipment Provided:

1. Crate of Ropes – 7 each of four different colours
2. Crate of 48 Tennis Balls
3. Box with 4 catapult slings
4. Poles – 8 Blue and Red, 5 Brown, 5 Yellow, 5 Orange and 5 Green

**Location:** Cross the carpark and go up the sandstone steps. The Kopper logs are located on the left-hand side of the oval.

## Before You Start:

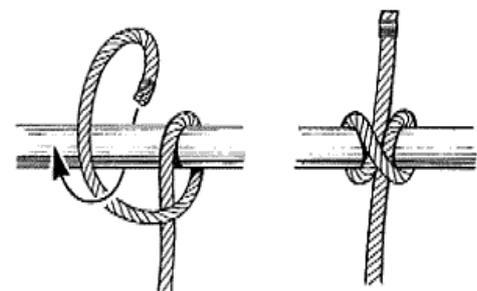
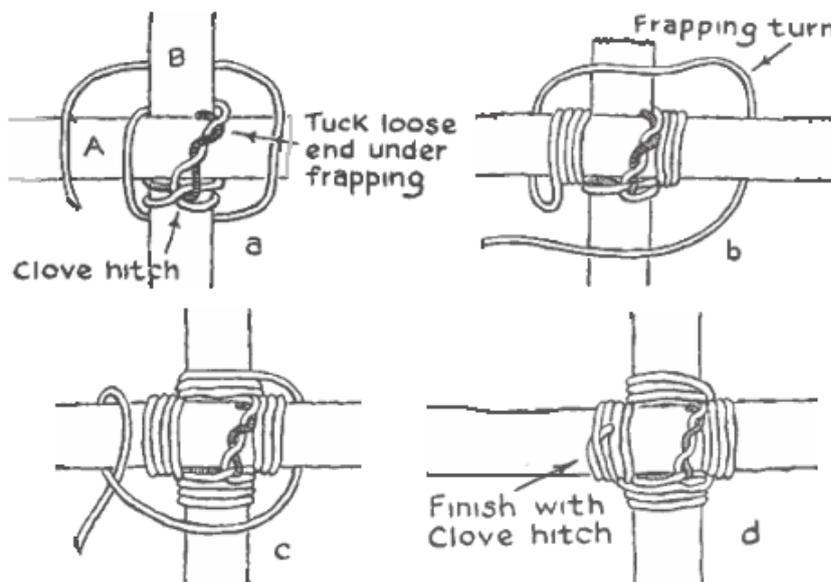
### 1. Check

- **Equipment** – Have you everything you need. Is it in good order and safe? This should've been collected from the centre ready for your activity. Are individuals equipped with appropriate clothing, is footwear sturdy and enclosed, is hair secured? Sunscreen or insect repellent has been applied if needed. **All hands must be sanitised prior to activity commencing.**
- **Environment** – Is the area free of debris and animals including snakes, ants, spiders, and bees? Check the weather - Is it safe to continue?

### 2. Teach

#### How to do a lashing

- Purpose of a lashing – to hold two items together. Have four people bring two poles over, placing one across the other forming a cross shape.
- Lashings always start and finish with a clove hitch.



Clove Hitch

Wrap the rope around the pole bringing the end across the rope to wrap around again then bring the end through the hole that is made.

- With your first clove hitch done you are ready to start lashing the poles together. Bring the rope over the cross pole then under the next pole and continue going around like this until you have done three rotations. This holds the poles together. After the third rotation bring the rope around the pole to do a frapping turn which raps the rope as tight as possible around the lashing three times. Pull this as tight as

possible to stop the lashing and poles moving. Now you are ready to do your final clove hitch. This is

done on the opposite side to your first clove hitch. Well done you have finished your first lashing. Each Catapult requires seven lashings.

### Safety Guidelines

- Safety is very important – everyone is responsible to keep each other safe
- Each pole is to be carried by two people (one person at each end). Each group must work together to build the catapult – holding poles and supporting structure.
- Firing line – Along the edge of the oval. Everyone must be behind the catapults when firing is occurring
- Target line – as far as possible across the oval.
- **No one can retrieve balls until the all clear is given from the leader.**

### Ready to Roll – Enjoy the Activity

1. Divide the group into smaller groups of 4-6 people per catapult. Each group needs to select their catapult colour. They have a choice from brown, yellow, orange and green.
2. Tell them where they will be building their catapults – along a line on the left hand side of the oval with their catapults facing towards the oval area.
3. Groups collect the items they need for their catapult – 2 blue and red poles, 5 same coloured poles (brown, yellow, orange and green) and 7 same coloured ropes (red, blue, yellow, green). Remember they must have two people per pole to move them.
4. Hand out catapult plans – one per group and one for the leader.
5. Supervise building of the catapults reminding them of safety guidelines and making sure they are facing the right way with the main frame closest to the oval area and the poles coming out the back towards the bush along the edge of the oval. Make sure they are facing away from the archery area on the edge of the oval and more towards the water tanks on the other side of the oval.
6. Once catapult is built, the leader can put the catapult sling onto their catapult. This is done by threading the loop end through the hole in the red part of the blue pole and then looping the end back over the pole to secure it.
7. Group can then collect a dozen tennis balls from the crate.
8. Fire catapults across the oval. Once everyone has fired, firing stops and everyone goes to collect the balls they have fired. (12 per group). Repeat as many times as possible depending on time.
9. Ensure every child gets an opportunity and help those in need of assistance but don't do it for them.



### Finishing Up the Activity

Allow 15 minutes for the and everything to be put away 48 balls, seven ropes each of catapult slings are in the box, back on the frame. The blue in the smaller section and the colours are in the other larger



catapults to be dismantled at the end. Check there are four different colours, four and the poles are stacked and red ones are altogether five poles of four different section.