



TARGET THROW

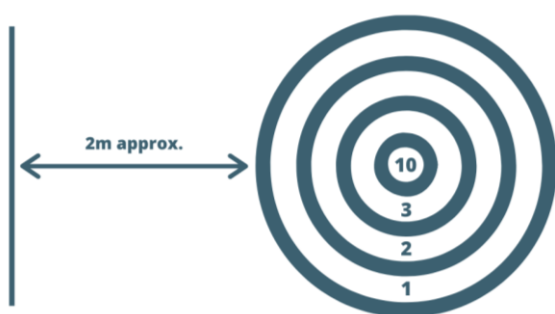
This game will help children to develop their coordination

EQUIPMENT:

- Target area – this could be made using ropes, coloured clothing, cones
- Five objects – you could use soft toys, packets of crisps
- A line to indicate the start point

HOW TO PLAY:

Set out a target with several different rings. Standing on the start line, each person has five objects that they have to throw and try to score maximum points.



MAKE IT EASIER:

- Make the target in the middle bigger
- Bring the target closer
- Use a lighter object which is easier to throw

MAKE IT MORE OF A CHALLENGE:

- Make the target in the middle smaller
- Stand further away from the target

SCORING:

The central zone score 10 points, the next scores 3, the 2 and finally 1 point for the outer zone. You decide as a team how much of the object has to be in the zone to score points. Make this a personal challenge by trying to beat your score each time or making it harder!

RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:				
Date	Score 1	Score 2	Score 3	Average



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HOW TO SCORE:

The central zone score 10 points, the next scores 3, the 2 and finally 1 point for the outer zone. You decide as a team how much of the object has to be in the zone to score points.

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
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3					
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