

Target Throwing



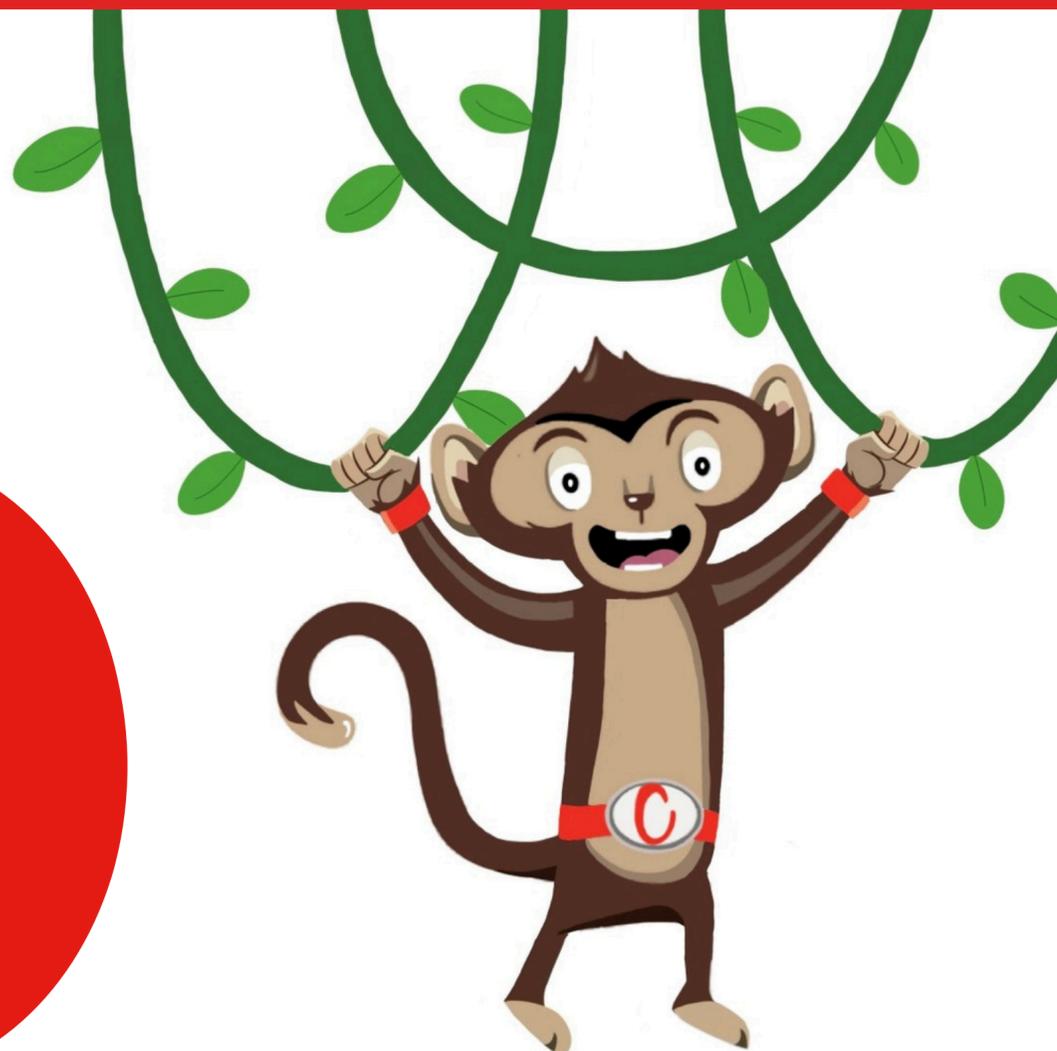
Brain break



10 minutes+



Ball, bean bag, hoop or bucket



Instructions

Challenge your pupils hand and eye co-ordination as they complete a number of throwing stations. This activity can be done either in a classroom, a hall or in the playground. Set up multiple target throwing stations and split class into small teams.

Health & Safety

- Ensure floors are clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions

Teacher Tips

Suitable for all ages

Refer to the Activity Sheet for ideas!

Remind pupils to keep their eye on the targets while throwing.

Target Throwing

Set up multiple stations for pupils to practice their throwing techniques.



Different throwing techniques at each station, e.g. overhead, underarm, overarm.

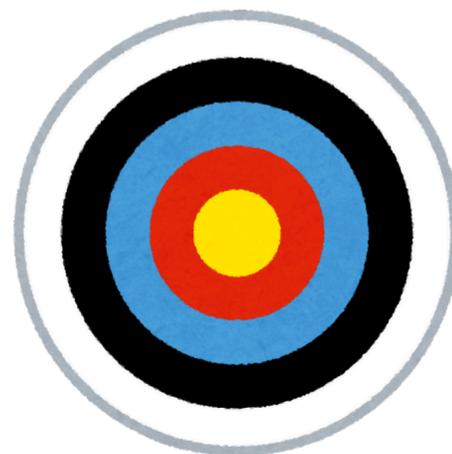
Use a variety of objects to throw such as bean bags, frisbee or different sized balls, e.g. football, ping pong ball, beach ball.



Use a variety of targets, such as hoops, buckets, storage boxes, recycling bin.



Different sized targets with numbers on them for a points system



Place paper targets on the wall to aim at



Place buckets at different distances to make more challenging.

