

Target Throwing



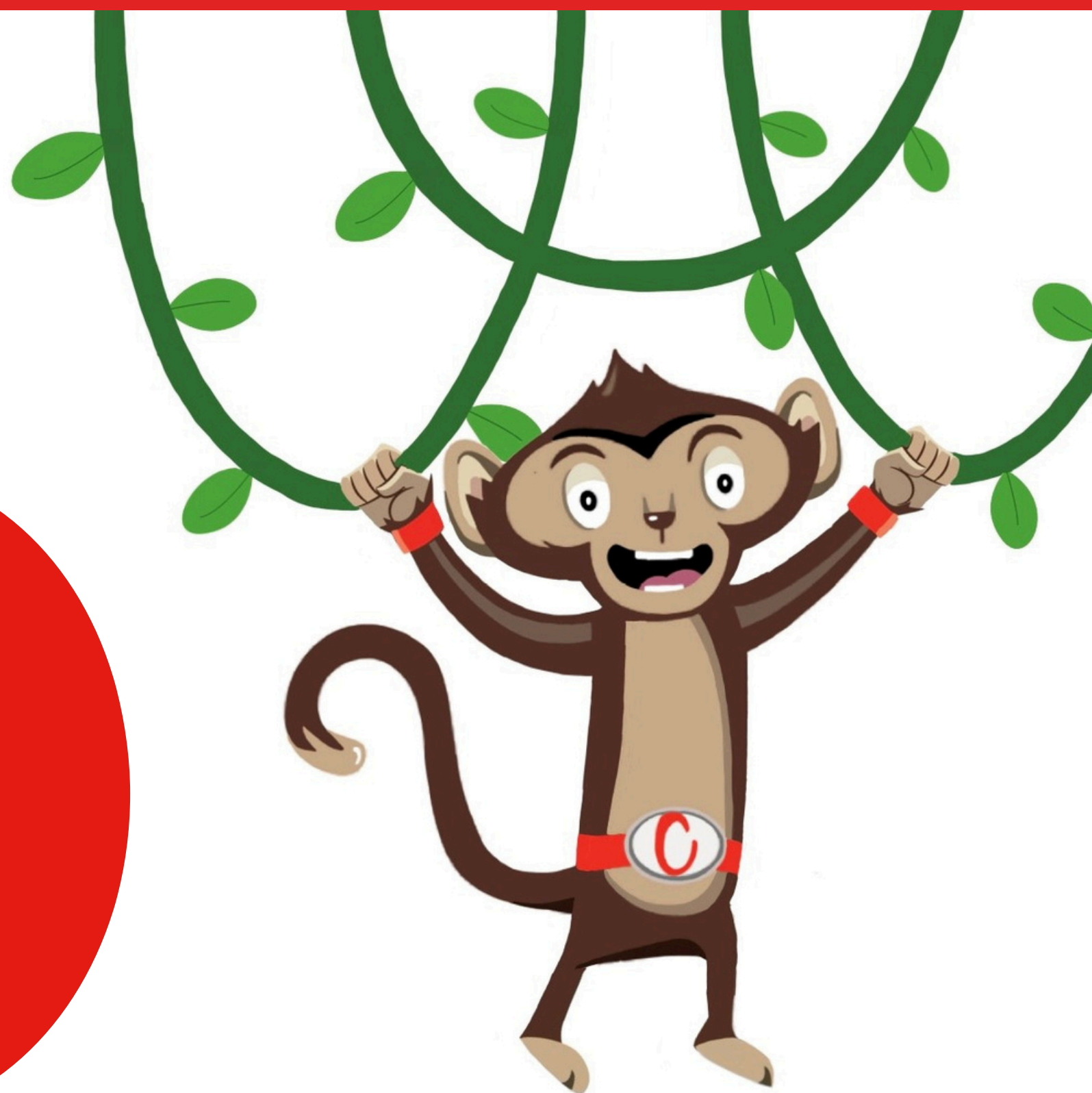
Brain break



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.

Chest
Heart &
Stroke

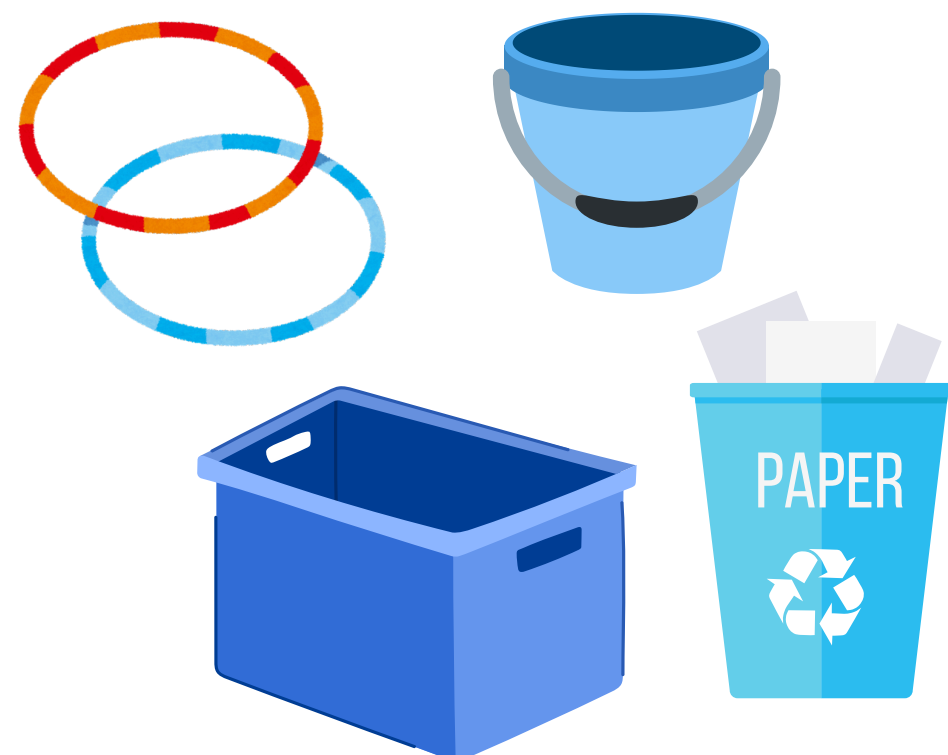
Target Throwing

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.

