

PE HOME LEARNING CHALLENGE CARD

Challenge 3: Target Practice



Brief

This challenge is all about accurate throwing. Lay out a selection of items on the floor to act as targets. Then, take 5 large steps back from the targets and create a throwing line. The aim of this game is to try to hit the targets by throwing a small, soft object towards them. This might be a small ball, a beanbag, some screwed up paper or even a tea bag! When a target is hit, the thrower must collect it to score a point. Keep collecting until there are no targets left.

Rules

- ◆ Make sure you use a soft object for throwing.
- ◆ Stand behind the throwing line.
- ◆ You must use an under arm throw (see the video link below for tips)

<https://www.youtube.com/watch?v=wA0VSE7m1TA>

Bronze - Hit two targets in a row

Silver - Hit three targets in a row

Gold - Use your weak arm to throw and hit two targets in a row