

KEY STAGE 2

ATHLETICS

FRIDAY FUN



30mins

ACTIVITY

Target Throw

- The participant stands behind a line and throws three items into the target placed at 3 metres
- The target is then moved to 5 metres and the process is repeated.
- 4 points if the item lands in the target.
- 2 points if the item bounces out of the target or if the item touches the floor before the target.
- Tennis Balls, Rolled up socks or small soft toys can be used.
- A washing basket, paper bin, cardboard box or dog basket are example target items.



EQUIPMENT NEEDED

- 3 soft small items
- 1 target item such as bin or washing basket.



How can you demonstrate honesty throughout this challenge?

VIRTUAL CHALLENGE

If you have enjoyed this week's challenges, why not look at the Sportshall Home Pentathlon. Good Luck.

<http://www.sportshall.org/homepentathlon>

MAKE IT EASIER...

Increase the size of the target item.
Move the target item closer than 3m or 5m
Put more than one target item at each distance.

MORE OF A CHALLENGE

Decrease the size of the target item.
Move the target item further than 3m or 5m
Add additional scoring distances at 7m and 9m if space is available.
Put targets at the same distance but at different heights above the ground using a wall or a table or a chair

MAKE IT INCLUSIVE

The Target Drop can be used for participants with severe mobility problems gradually moving them away from the target after each success to record improvement.

LEAD OTHERS

Encourage family members to join and set own challenges.