

★ ACTIVITY / PAIRS TARGET THROWING

FOCUS:

THROWING, FIELDING

DURATION: 7 MINUTES MAX.

EQUIPMENT:

1 BALL PER PAIR, 2 ROPES, TARGETS (CONES, STUMP BASES, STUMPS AS HURDLES)



DESCRIPTION:

- ▶ Throwing overarm at a target in pairs.

- ▶ 5 year olds are five steps back from the marker, 6 year olds are six steps back from the marker etc.

- ▶ Partner is on the opposite side, also throwing at the marker.

- ▶ 1 point for hitting the target.

- ▶ 10 points for getting the marker to do a flip.

MAKE IT EASIER:

- ▶ Increase size of targets

MAKE IT HARDER:

- ▶ Increase distance between pairs and targets

- ▶ Make targets smaller

- ▶ Face opposite direction, turn around quickly before throwing

