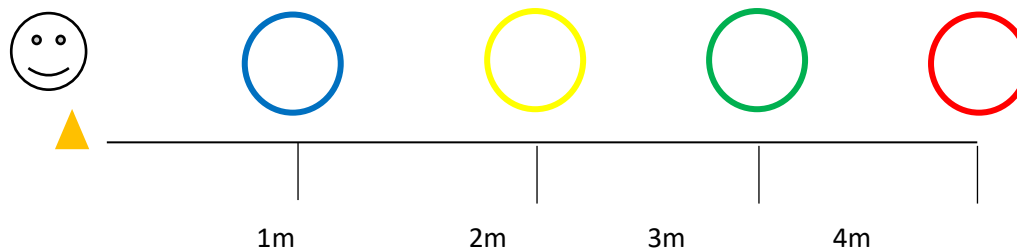


## Garden Games

## Target Throw

### How to set up:

- ✓ Mark the point where you will throw from.
- ✓ Place 4 targets in a line, 1 metre apart.
- ✓ For older children place the hoops further apart.



### Equipment:

- ✓ 4 'Sock Balls' (rolled up socks) – or similar objects
- ✓ 4 items to be used as targets: buckets, baskets, clothes etc

### How to Play:

- ✓ Take turns to throw the 4 sock balls, one at a time, into the targets.
- ✓ Each player will have one turn (4 throws).

### How to score:

- ✓ 1m target = 1 point
- ✓ 2m target = 2 points
- ✓ 3m target = 3 points
- ✓ 4m target = 4 points

# Target Throw

## The National Curriculum

**By practicing this activity, your child will develop the following skills:**

- ✓ Sending and receiving
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Throwing

**National Curriculum Criteria:**

**Key Stage 1 (Years 1 & 2)**

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

**Key Stage 2 (Years 3 to 6)**

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.