

Target Throw Challenge

TIP: Eyes on the target, swing your arm all the way through and finish pointing at the target.



RULES:

- Set up a target (4-pint milk bottle or something of a similar size).
- Start standing close and throw a tennis ball (or other small ball) at your chosen target.
- Each time you hit the target move further away.
- Your score is the furthest distance you have managed to hit your chose target from recorded in cm/m (e.g. 5.86m)

School Games Challenge 2 The Target Throw Challenge

How far away can you stand from a target and hit it?

- Use a 4-pint plastic milk bottle OR a similar target
- Use a tennis ball (or other small ball)