



# Staying active - Challenge



## Overview

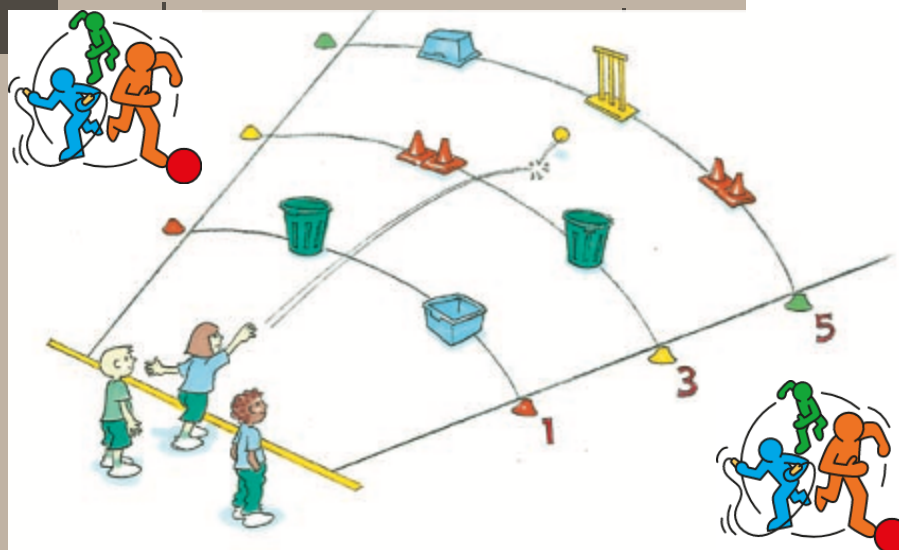
Targets are set up away from a 'sending' line. Students score points by throwing, kicking or rolling a ball at the targets.

## Rules

- \* Players throw, roll or kick a ball to hit or land in targets.
- \* Each player has a set number of throws, e.g. 2.
- \* Play is stopped to re-position targets that have been knocked over.

## Equipment

You can use any resources to hand to - different sized balls, beanbags, socks, gloves...anything! As targets, you could use plastic bottles, cones, buckets, bins etc.



## Competition

Family competition. Consider a bonus point if a ball lands inside a target. Why not set a target, e.g. 15. The person with the smallest number of throws or the most points in a set time (e.g. 45 seconds) wins.

## Tips and hints

Encourage the students to swing through with their arm, leg or body part they are using.

