

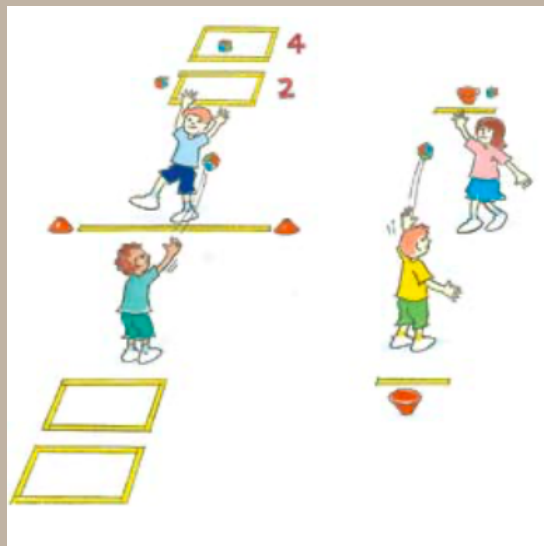


Staying active - Learn



Overview

A student or adult with a bean bag/object attempts to throw/send it past an interceptor to hit or land on a target. (Play in families or other combinations.)



Equipment

- > Indoor or outdoor playing area – marked as shown
- > Targets as shown
- > Throwing/sending objects for each pair/person.



Ideas for your games

- > Play for a set period, e.g. 90 seconds.
- > Allocate more points for more distant targets.
- > Change the object to make it easier/harder e.g. larger ball to make it easier to roll and hit the target.



Tips and hints

- Restricting the thrower to a zone will make it easier for a player with limited mobility.
- Vary the distance between targets.
- Vary the target (bigger, smaller).
- Use more targets.



Questions

Throwers/senders

'What will you do to hit the most targets?'

Interceptors

'What will you do to defend your targets?'