

## Primary Challenge Card – Target Practice

Important information	Equipment needed
1. This challenge is designed to be completed individually although you may like to challenge family members within your own household to also take part. 2. Watch the video in the link for instructions on how to complete the challenge and view the demonstration. 3. Film the challenge to submit your score – how long does it take you to knock over your six targets. The challenge can be completed several times and you may submit your highest score.	* Ball or ball like item such as socks rolled into a ball to throw or kick at the targets.  * Target items such as cones, teddy bears, water bottles or books.  * Camera or phone to video your challenge

**Technique tips; Underarm throws will help offer accuracy when throwing, although overarm throws may give more power. If kicking, stand facing your targets and use the side of your foot for accuracy.**

### Inclusive! How can you get involved?

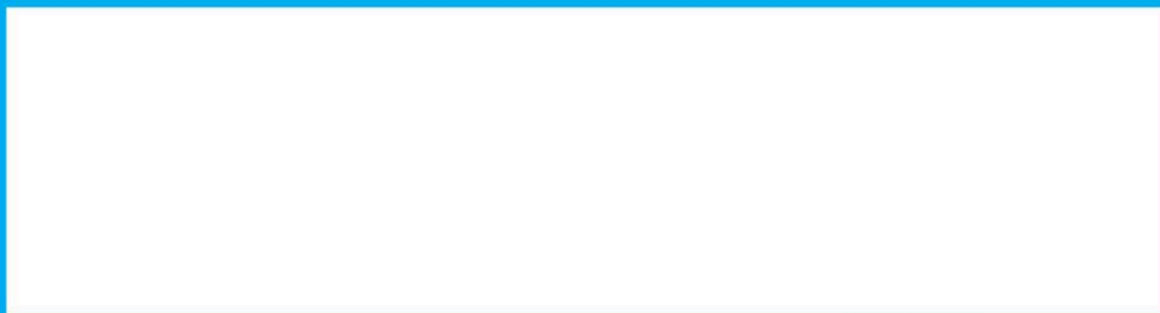
Space	Task
An Inside or outside space approx. a 5-meter square which can be made bigger to increase difficulty.	Wheelchair users can complete this challenge by choosing the throwing option.
Equipment	People
The video shows different apparatus used to complete the challenge.	This challenge can be completed alone or adapted by adding family members.

### Alternative equipment ideas:

Why not use a rolled up hoodie instead of a football or paired up socks instead of a tennis ball.

Different target items may include, teddy bears, water bottles, stood up books or shoes.

## Keeping young people active



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