

Lockdown Target Challenge (Primary)

Important information

- You can do this challenge on your own, but you could also do it with your family if they wanted to get involved – you could even have a competition with them.
- Watch the video to see what to do!!

Equipment needed

You need 3 things that can be used as targets e.g. bins or boxes from around the house.
You will also need something to throw e.g. a tennis ball.

Technique tips: Underarm throws will help offer accuracy when throwing, although overarm throws may give more power. Remember to step forward with the opposite foot to the arm you are throwing with.

Inclusive! How can you get involved?

Space	Task
Try and have the targets at least 2m away from you, go further to make it harder.	Wheelchair users can try the challenge seated.
Equipment	People
Just need something to throw and something to throw into to.	Can be done alone or with family if they wanted to join in.

Alternative equipment ideas:

If you cannot find 3 boxes/bins of different sizes (ideally need a large, medium and small target) you could use hula hoops or anything that you could throw something into.
You could use a pair of balled up socks or even dog toys.

Keeping young people active

What to do?

Place the targets you have found in various positions, remember the largest target is worth 1 point, the medium target is 2 points and the smallest is worth 3 points.

Pick the ball up from the floor, jump around to face the targets and throw it into one of the targets. Try and decide which target you are going to aim for before you throw it to see if you can get it in!

HOW MANY POINTS CAN YOU SCORE IN 1 MINUTE?

Have you checked our safeguarding advice?

Click or scan here for more information

