



VIRTUAL SPORTS DAY 2020

FOUNDATION & KEY STAGE 1

What ?



HIT THE TARGET!

You Will Need:

- » **Tape Measure**
- » **Pair of Socks or Tennis Ball**
- » **Bucket**
- » **Marker**

Why ?



- **Children can explore how to send & receive objects in different ways and with different parts of the body**
- **Children can explore how to aim at different targets of differing size**
- **Children can show consistency when throwing at a target**
- **Children can use differing techniques when throwing**

How ?



- ① **Place a marker approximately 1.5m (FS) or 2m (Y1/2) from your bucket**
- ② **Stand behind the marker with the pair of socks rolled into a ball**
- ③ **Attempt to throw the sock ball into the bucket**
- ④ **Record how many successful attempts out of 10**

#HavingFunSafely

