

Primary and secondary challenge card

Set up 3 – 5 buckets or other objects in a line, with smaller objects closer to you and bigger objects further away. Time 60 seconds and see how many balls you can throw into the buckets/objects. Score one-point every time you get a ball into the bucket.

STEP

Ideas on how to adapt the activity in a national lockdown.

S



Space

- Can be played in any space no matter what size
- Position the buckets closer to make it easier
- Position the buckets wider or further apart to make it harder

E



Equipment

- Instead of using a ball, you could use rolled up socks
- If you only have one target, take a step back every time you get the ball in the bucket
- If you haven't got any buckets, boxes or bowls use different sized pieces of paper

T



Task

- You only have one ball, so you have to run and pick the ball up after each throw
- Bucket's placed further away are worth more points
- To make this harder try to bounce the ball on the floor first, before getting it into the bucket

P



People

- Why not make a house league where everyone has to play each other?
- You could play this game in a pair, as a team or individually

T



Time

- How many points can you score in 60 seconds
- How long does it take you to get a ball in every bucket
- How many points can you score in 90 seconds

