

Primary and Secondary challenge card



Space

- Stand closer to the wall to make it easier.
- Stand further away from the wall to make it harder.
- If no wall space, draw the target on a piece of paper and place on the floor.



Equipment

- If you haven't got a ball, you could use rolled up socks.
- If you haven't got a measuring tape, use big steps to measure the different throwing positions.
- Use chalk or paper and pens to draw your target and place on the wall or floor.



Task

- You only have one ball, so you have to run and pick the ball up after each throw.
- Every time you hit the cross, take a step backwards. How far away can you get?
- If you need a bigger target draw another circle, which is worth 3 points.



Time

- How many points can you score in 60 seconds from 3 meters, 5 meters and 7 meters?
- How long does it take you to hit the ball in each circle, starting with the outer circle?
- How many points can you score in 90 seconds from 3 meters, 5 meters and 7 meters?

Mark a cross on a wall or piece of paper and draw 3 circles around it. Measure the following distances from the wall – 3 meters, 5 meters and 7 meters and place something to mark each of them. If you haven't got a measuring tape, use big steps. You have 3 throws at each distance and have to score as many points as possible. The cross is worth 10 points, inner circle 7 points, middle circle 5 points and outer circle 3 points.

STEP

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



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.

In action

