

## Big and little targets

Time: 20 minutes

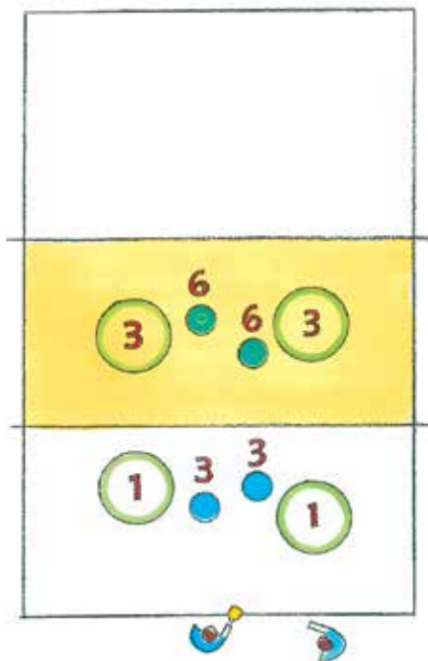
### Activity

#### Individual/partner/group

- Bounce a ball and then hit it with a bat aiming at the target.
- Each ball that hits or lands in a target scores points.
- Take 4 hits and then tally the score. Swap players after 4 hits.

### Scoring

- Ball in bucket – 3 points.
- Ball hits bucket – 1 point.
- Ball bounces in hoop – 1 point.
- Total score after every 4 hits.



### Equipment

- Hoops, bins, buckets or chalk to mark targets.
- Paddle bat, tennis racquet, cricket bat or even your hand.
- 4 tennis balls or similar.



### Activity variations

- Have a partner feed the ball to the player.
- Swap the when ball is hit – on full, after one bounce, after two bounces.
- Move the distance of targets/vary the numbers of targets and point system.
- Time challenge – how many points in 3 minutes?
- Team challenge – how many total points (best of 2 rounds)?
- Vary the time/team challenge according to ability.
- Throw objects instead of hitting them.
- Vary objects.

