

Hit the target

Time: 20 minutes

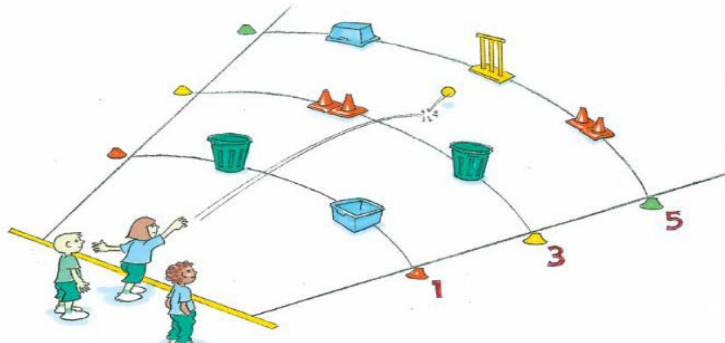
Activity

Individual/partner/group

- Three target lines with targets on each line are set up at 3 different distances from the throwing line.
- Players throw, roll or kick a ball to hit the target or land in the target zone to score points, depending on distance reached.
- Players have a set number of throws .

Scoring

- Play is stopped to reposition targets that have been knocked over.
- Set a target goal (e.g. 15 points). The player with the smallest number of throws or the most points in a set time wins. Players set an individual goal and try to beat their score in 3 to 5 attempts.
- A bonus point is awarded if a ball hits the target.



Equipment

- A variety of targets – such as 2 litre (or larger) plastic bottles with a little sand in the bottom, buckets, towels etc.
- Objects to throw – soft balls, socks, bean bags, tennis balls, soccer balls.
- Each player requires the same number of objects to throw.

Activity variations

- Divide players into teams and complete games.
- Each member of the team will throw an object.
- The team can add each throw together to find the total score. The team with highest score wins.
- Each member of the team throws an object. The team's total will be determined by the best throw. The winner will be the team with the highest singular score.
- Set a 'no-go' object. If the ball touches the object(s) the team will lose all points.

