Target

The aim of the game is to get an object to land on or in the target
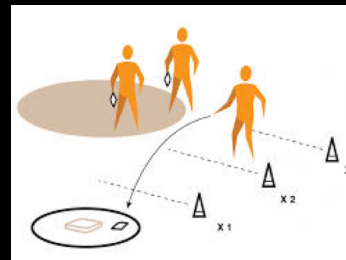
1) Create a target for you to aim at (e.g. bowl, saucepan, box etc)
2) Choose an object for you to play with (e.g. socks, soft ball)
3) Choose how your object is going to travel towards the target (underarm, overarm, roll)
4) 1 point wil be awarded if your object lands or stays inside the target

Simplify	• Closer distance • Increase target • Use two hands when throwing

Progression	• Increase distance • Smaller target • Time limit (60 seconds)

#StayHomeBeActive