Get some target practice with this simple activity and improve your throwing skills!
You will need a saucpan or plastic bowl and a soft ball, pair of socks or ball of wool

Set up your pan as a ‘target’
Take 1 big step and throw your ball into the pan
Take another step back and throw it again
Keep going, taking another step back each time
How many steps away can you get and still hit your target?

Tips:
- Make sure there is nothing breakable nearby
- Choose a ball that is soft and won’t bounce out of the pan
- Make it harder by choosing a smaller pan
- Put the pan on the floor, a chair, a table – which is harder?