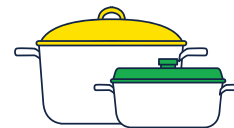
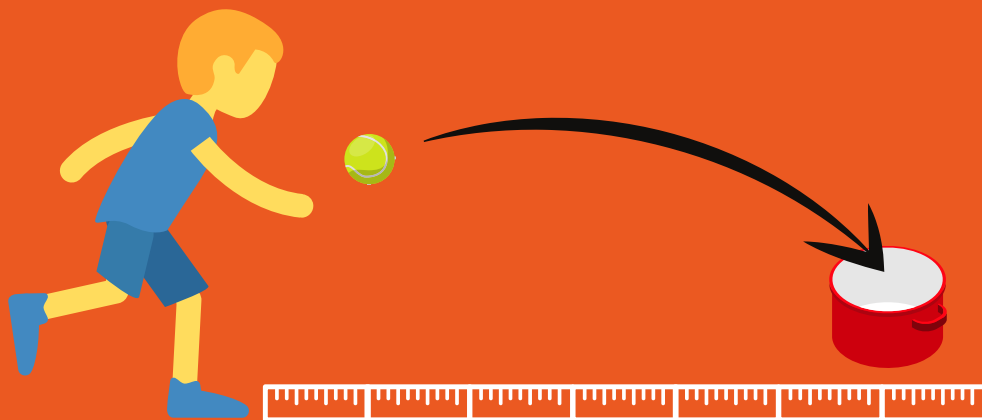




Throw it Thursday Activity Card



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?

