



# Target Throwing

## Experience

If outdoors, draw three shapes on wall/fence with chalk at the child's head height. If indoors, cut out three shapes from paper and stick on a wall. Demonstrate how to throw the ball (or alternate object) using an overarm throw at each target. Invite the child to throw at the targets.

## Challenge

Older children (5-12 years) make a number of targets at different heights with numbers on them to represent points. Count points scored after 4 turns. Increase difficulty by increasing the distance between the child and targets.

## Learning benefits

- Increases gross motor skills (large muscle skills)
- Improved eye-hand coordination
- Practice over arm throw



5 mins



3 - 5 years

## Materials

Medium soft ball or scrunched up ball of paper/socks made into a ball

Paper or chalk

## Hints and Tips

Can be set up indoors or outdoors

Do not set up near anything breakable

Acknowledge children's efforts