

TARGET THURSDAY

Target practice



Foundation

Today's challenge combines throwing and passing a ball to hit a target. You will need a plastic bottle and a football (or any type of ball). If you don't have a ball you can roll together a pair of socks.

Level 1: Rolling

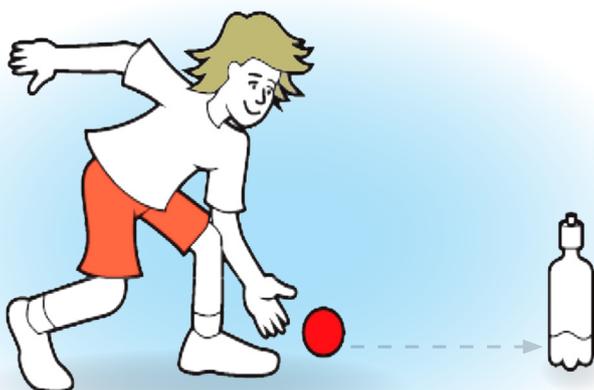
Set the plastic bottle on the ground and take 10 steps back. Aim to hit the bottle by rolling the ball. Record how many goes it takes you using your right hand. Then repeat using your left hand. Which hand is your strongest?

Level 2: Throwing

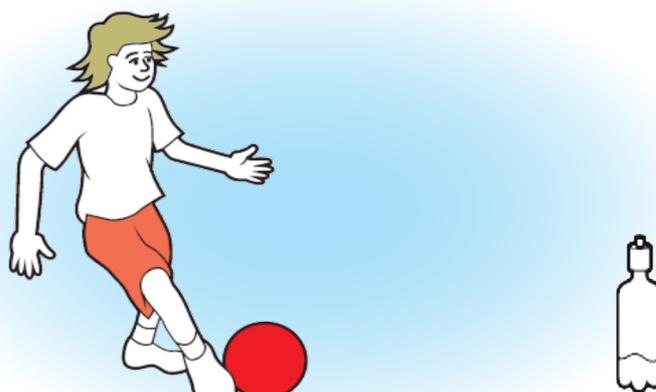
Repeat the process shown above, but this time use an overarm throw to hit the target.

Level 3: Kicking

Use the inside of your foot to kick the ball to hit the target.



LEVEL 1	Right hand	Left hand
Rolling		
LEVEL 2		
Throwing		
LEVEL 3		
Kicking		



LET THEM PLAY