

TARGET THURSDAY

Target practice

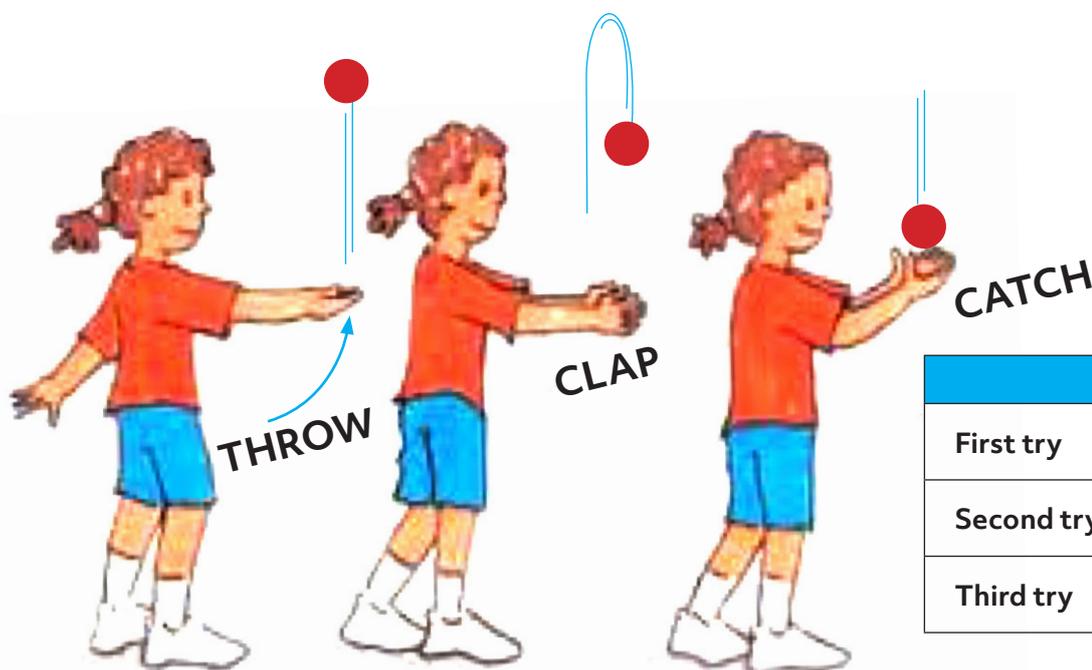


Foundation

Today we are going to do some challenges to test your throwing and catching. Read through all the tasks and complete the table as you go along. Remember you are trying to beat your own score!

Throw/Clap/Catch

- Pick up your ball (or some rolled up socks if you don't have a ball) and throw it above your head. Clap your hands while the ball is in the air then stop clapping when you see it is close to your hands again. Then catch the ball at the appropriate time.
- If you drop the ball, that go does not count. Try again.
- Count how many times you can clap on the first successful go. The more claps the better.
- After the first attempt, have another go and try to beat your first



	Number of claps
First try	
Second try	
Third try	

LET THEM PLAY