



# VIRTUAL SPORTS DAY 2020

## KEY STAGE 2

What ?



### TARGET PRACTICE!

**You Will Need:**

- » **Tape Measure**
- » **Pair of Socks or Tennis Ball**
- » **Bucket**
- » **Marker**

Why ?



- **Children can explore how to send & receive objects in different ways and with different parts of the body**
- **Children can explore how to aim at different targets of differing size**
- **Children can show consistency when throwing at a target**
- **Children can use differing techniques when throwing**

How ?



- ① **Place a marker approximately 2.5m (Y3/4) or 2.5m (Y5/6) from your bucket**
- ② **Stand behind the marker with the pair of socks rolled into a ball**
- ③ **Attempt to throw the sock ball into the bucket with one leg raised**
- ④ **Record how many successful attempts out of 10 (5 each leg)**

**#HavingFunSafely**

