



Year 1 & 2



Target:
To improve
underarm
throwing skills

Underarm
Throwing
Challenges

Equipment needed:

- a small ball, such as a tennis ball (or a rolled up pair of socks if you don't have a ball)
- 'targets' - teddy bear, cushion, paper, etc.
- a container - bucket, bowl or box, etc.



1. Place a 'target' (e.g. teddy bear, cushion, paper or anything you have that would make a suitable target) on the floor and take 4 steps back. Have 10 attempts, using an underarm throw and see how many times you can hit the target with your 'ball'.

If you want to make it harder - take 5 steps back, then 6 steps, etc, use a smaller target.

2. Repeat challenge number 1 again but this time place the 'target' off the floor and put it on a chair or sofa.

If you want to make it harder - take 5 steps away, 6, 7 or 8 steps, place higher or lower, etc.

3. Place your container on the floor and take 4 steps back. Have 10 attempts, using an underarm throw and see how many times you can get your 'ball' to land in the container.

If you want to make it harder - take 5 steps back. 6, 7 or 8 steps, use a smaller container.

4. Repeat challenge number 3 again but this time place the container off the floor and put it on a chair or sofa.

If you want to make it harder - take 5 steps back. 6, 7 or 8 steps, use a smaller container.

5. **"Hit it to win it"**- Place 6 items on the floor at varying distances. Using an underarm throw try and hit the items on the floor with your 'ball'. Collect each item after you have hit them. Keep going until there are no items left!



If you want to make it harder - time how long it takes you to hit all of the items, use more than 6 items, use smaller items.



Can you think of any other
underarm throwing target challenges
that you would like to try?

