



Warm up:

Speed bounce over a line. Two feet together, side on to a line, see how many times you can jump over it in 30 seconds. Can you beat your score?

Bend your knees!



Main activity challenge: **Washing Line Targets**



Equipment:

Washing line, clothes to peg up or paper to make your own targets, ball or soft object to throw.



Coaching points:

- Make your own targets with paper and pens and peg them on the washing line. If you can't make your own then peg up items of clothing that are different shapes and sizes.
- Count 5 steps away from your first target. This can be played seated or standing.
- Using an overarm throw, try and hit the targets!
- You get more points for hitting the smaller targets, can you hit them all?
- This can also be played by kicking a ball!

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Differentiation:

- Make this harder by moving further away or using a smaller object to throw.
- Make this easier by moving closer, using bigger targets or a bigger ball to throw
- Can you hit them all without missing any?
- Challenge a friend!

