

Spar Lancashire School Games PB Sports Day

Sports Day Activity 8: Target Throw

ACTIVITY/SKILL	OVERVIEW
<p>TARGET THROW</p> <p>Video Demonstration</p>	<div data-bbox="712 443 824 475" style="text-align: center;">TOP VIEW</div> <div data-bbox="504 502 1075 726"> </div> <div data-bbox="750 790 1108 853"> <p>2 strides from throw line</p> </div> <div data-bbox="750 933 1108 997"> <p>4 strides from throw line</p> </div> <div data-bbox="750 1093 1108 1157"> <p>6 strides from throw line</p> </div> <div data-bbox="504 1157 616 1189" style="text-align: center;">SIDE VIEW</div> <div data-bbox="504 1204 1064 1356"> </div> <div data-bbox="1220 438 2049 630" style="border: 1px solid red; padding: 5px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 3x pairs of balled up socks • 3x targets use items such as buckets, baskets or boxes • Throw line marker – any household object </div> <div data-bbox="1220 662 2049 1045" style="border: 1px solid blue; padding: 5px;"> <p>Tips to Improve:</p> <p>Underarm throwing – whole body faces the target. Step forward with opposite leg/foot to throwing arm. Throwing hand grasps the bean bag and let arm drop by your side. Judge the distance of the target, the further away the harder you need to throw, or the faster your throwing hand need to travel before releasing the socks. Slightly bend throwing arm at the elbow and swing straight back behind you. Then swing your arm forward and release the socks approx. at tummy button height. Release too late and the socks will go too high, too early and it will land at your feet. Targets are placed at various distances so you will need to throw harder each time.</p> </div> <div data-bbox="1220 1093 2049 1348" style="border: 1px solid green; padding: 5px;"> <p>Set Up and Take Part:</p> <p>Set up targets, place target one, two big steps from throw line, target two, four big steps from throw line and target three, six big steps from the throw line You have three opportunities to throw the socks into the three targets. One sock per target. See if you can improve your score, challenge a parent, carer or sibling. To make it harder move the targets further away from the throw line.</p> </div>