

Aiming And Throwing Skills





Play The Game



Lay The Equipment Out Like This



Competition Time

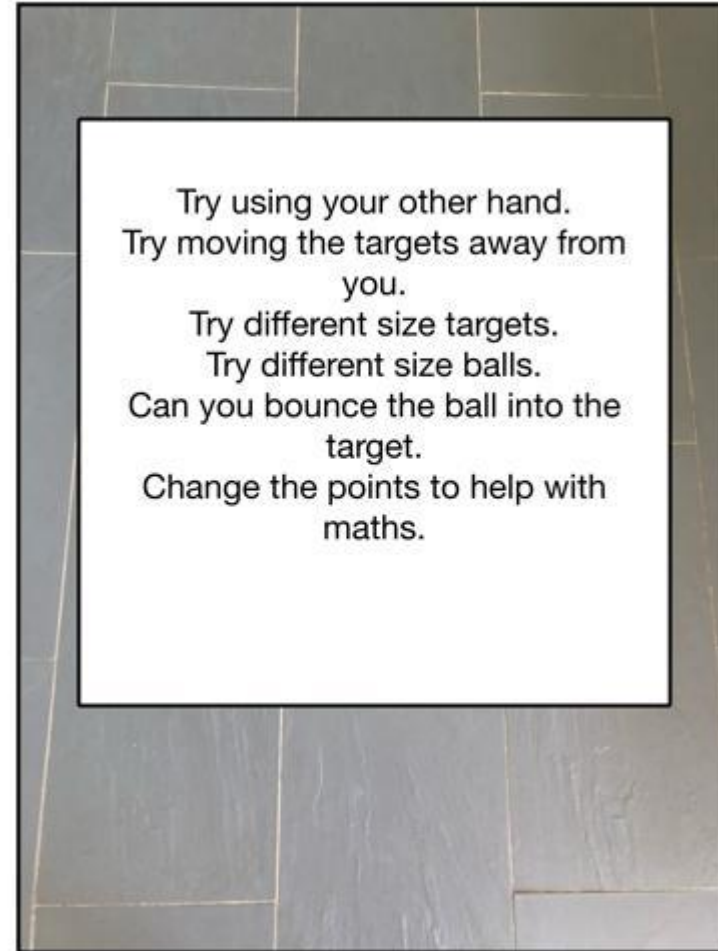
Name	Score	Total
		9
		6

A hand-drawn score sheet on a piece of paper. The sheet has three columns: "Name", "Score", and "Total". The first row has a score of 9, represented by two groups of four vertical bars (||||) and one single vertical bar (|). The second row has a score of 6, represented by one group of four vertical bars (||||) and one single vertical bar (|). The "Name" column is empty for both rows. The "Total" column contains the numbers 9 and 6 respectively.

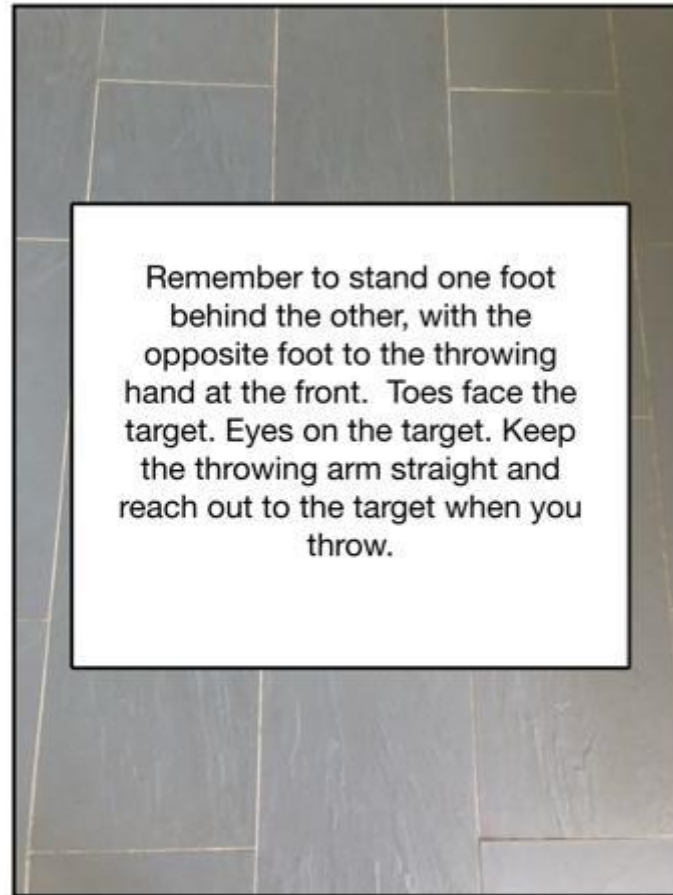
Keep The Score



Try different size targets



Try using your other hand.  
Try moving the targets away from  
you.  
Try different size targets.  
Try different size balls.  
Can you bounce the ball into the  
target.  
Change the points to help with  
maths.



Remember to stand one foot behind the other, with the opposite foot to the throwing hand at the front. Toes face the target. Eyes on the target. Keep the throwing arm straight and reach out to the target when you throw.

Skills