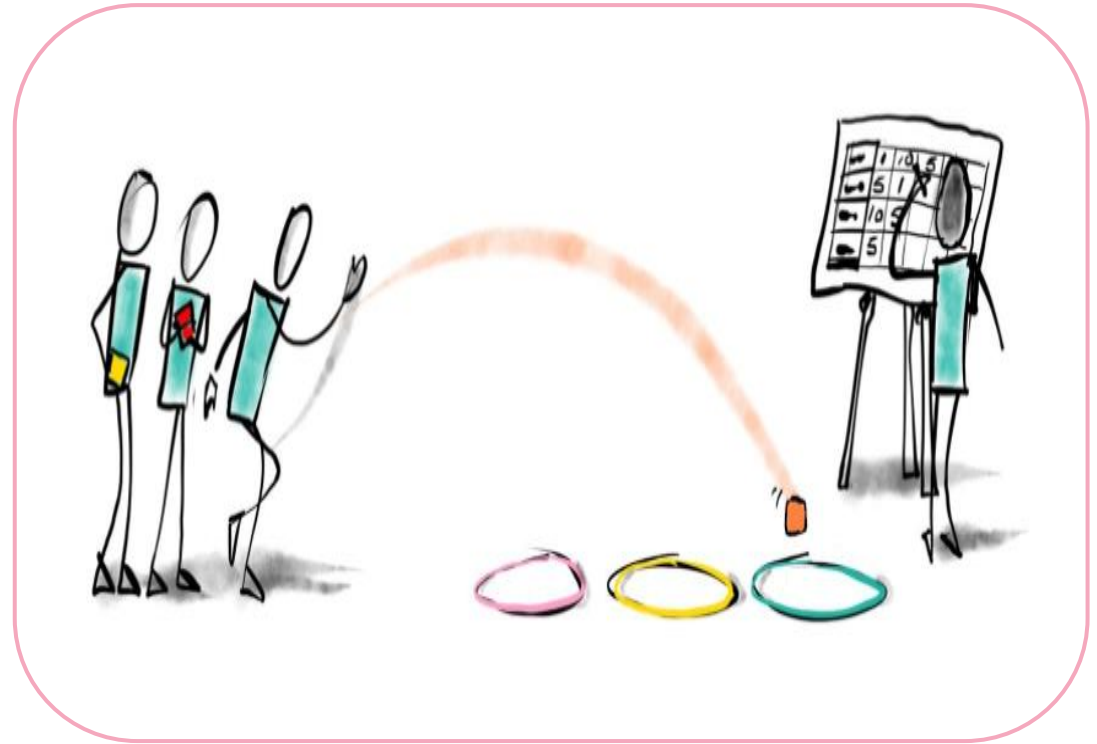


how to set up:

- Use 'sock balls' (rolled up socks) or similar objects.
- 3 items to be used as targets: e.g. buckets, baskets.
- Mark the point where you will throw from.
- Place 3 targets in a line, 1 metre apart.
- For older children: place the hoops further apart.

[Video Demonstration](#)



how to play:

- Take turns to throw the 3 sock balls, one at a time, into the targets.
- Each player will have one turn each (3 throws).
- 1m target = 1 point. 2m target = 2 points. 3m target = 3 points.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

By practicing this activity, your child will develop the following skills:

- ✓ Sending and receiving
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Throwing

National Curriculum criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

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