

## ACTIVITY PLAN 21 – TARGET THROWING

### Aim

To develop the ability to release and throw a ball with direction

### Age

24–35 months

### Equipment

Ball, target and line

- The ball can be a soft ball, ball of wool, paper bound with masking tape, a bath sponge or a tennis ball
- The line can be made from chalk, a rope or some masking tape

### Area required

Outdoor area of suitable size

### Time

5-10 minutes

### How?

Draw a row of targets on a wall with chalk and draw a line on the ground to mark where the children need to stand. The line should be a short distance from the target to start with. Ask each child to throw a ball as hard as he or she can at the target. The child then runs to retrieve the ball, returns to the line and repeats the target throw.

### Easier

Move the children closer to the target. Have them throw a scrunched up scarf or paper bound with masking tape as hard as they can into an open space (instead of at the target).

### Harder

Increase the distance from the target or make the target smaller.



### Key points

To perform an overarm throw the child needs to:

- stand side on and point their non-throwing arm towards the target
- place their throwing arm down beside their hip and look where they are throwing
- rotate their hips and shoulders
- at the same time, bring their arm up past the shoulder toward the non-throwing side
- throw as hard as possible.