

Throwing task:

WASHING PEG CHALLENGE

What you need:

- Basket/ Bin
- Pegs/ soft items

Instructions:

Find a safe area and place a washing basket/bin down. Then take 5 big steps away from the washing basket and put down a marker (e.g. cone, socks, Pegs) Using the marker can you now throw 10/20 washing pegs in the washing basket.

Differentiation: STEPS

Space – Change the distance

Task – Double points, Balance on one leg, throw with weak hand.

Equipment – Pegs/Socks/ Paper balls

People – Challenge a family member or friend

