

## PE Lesson Summer 2 Week 2 – Target Throw

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or space that you can use.</p> <p>Bucket / Bowl Small ball x3 Tip: (If you don't have access to 3 balls you could use paired up socks)</p>	<p><b>Raise heartrate</b> Fast Feet (Jog on spot) – 30s High Knees – x10 Heel Flicks – x10 Arm Circles – x10</p> <p><b>Stretches</b> Hold for 8 seconds.</p>	<p><b>Setup</b> Place a marker (could be anything) to ensure you throw from the same place regularly. Create a target to throw the ball (socks) into. Position the target around 5 steps away from your throwing mark.</p> <p><b>Challenge One</b> Standing in one place, throw the balls (socks) into your target. Repeat until you get 3/3. <i>Learning Question: How should your feet be positioned?</i></p> <p><b>Challenge Two</b> Move your target or starting position so that you are ten steps away from target. Standing in one place, throw the balls (socks) into your target. Repeat until you get 3/3. <i>Learning Question: How has the challenge changed by adjusting the target?</i></p> <p><b>Challenge Three</b> Standing in on one leg, throw the balls (socks) into the same target the same distance away. Repeat until you get 3/3. <i>Learning Question: How does balancing change your challenge?</i></p> <p><b>Challenge Four</b> From a seated balance, throw the balls (socks) into the target. <i>Learning Question: How does throwing change from a different height?</i></p> <p><b>Challenge Four</b> Facing backwards throw the balls (socks) over your shoulder or head into the target.</p> <p><b>See video <a href="https://www.youtube.com/watch?v=LEBu0hWD0Fg&amp;feature=youtu.be">https://www.youtube.com/watch?v=LEBu0hWD0Fg&amp;feature=youtu.be</a> for help and please send your attempts to your teachers!</b></p>