

Target practice

This activity from SSEHS Active will help children to get moving and develop hand-eye coordination as well as maths skills.

Learning aims

- Practice throwing and hand-eye coordination
- Practice object control and understanding of how objects of different weights move through space
- Encourage turn-taking
- Using everyday language to talk about size, weight, position, distance
- Recognition of and understanding of numbers
- Listening and following basic instructions.



Resources

- Objects of different sizes, shapes and weights that can safely be thrown e.g. beanbags, balls made from scrunched up paper or tinfoil, beach balls or foam balls
- Something you can use for the children to throw the balls/beanbags at in order to identify different numbers. This could be numbers chalked on the wall outside, or numbers written on sheets of paper. This can be adapted to fit your session plan.

Activity Outline

- Set up various hoops with numbers written inside on large pieces of paper (or similar). Alternatively, you could chalk the numbers to a wall or playground outside
- Explain to the children that you are going to be throwing various objects to identify numbers
- Have the children all choose an object that they would like to throw from a prepared kit bag
- Taking it in turns, ask each child to throw their item to a different number. You could also ask them to choose an odd number, their age, their house number, the number of pets they have etc. Older children could be given very basic sums to answer e.g. throw the beanbag to 1+2....
- Children should collect the object from wherever it landed themselves to add in that extra bit of physical activity!
- You can make this game more physically challenging by seeing how many times they can throw to a particular number in a minute, or you could move the targets further away or even see if children can throw their object whilst balancing on one leg
- Both overarm and underarm throws could be practiced
- Children should swap objects with another child after a few turns. They can then discuss which objects were the lightest, heaviest, and easiest to throw
- At the end of the game ask the children to guess how far away they were standing from the hoops/wall/object you have been throwing to. You can then measure the distance together.

Extending the activity

Give babies a basket filled with objects they can safely explore, throw and roll. Encourage them to roll the balls to each other or to an adult – developing their coordination and tracking skills as well as listening and language skills. The adult could roll the ball to the baby and encourage them to reach for it dependent on the baby's age and stage. Count the balls back into the basket and talk to the babies about the different sizes, textures, weights and shapes.