

Healthy Movers

Using Objects: Target Games

Benefits: Improves accuracy in throwing. Helps children to plan ahead, which targets to aim for. Make decisions about how hard to throw.



Where to play: Indoors or outdoors **Safety:** Ensure there is nothing breakable near the targets
Equipment: Small sponge balls for inside or scrunched up paper balls. Variety of targets

Activity 1

- With the child, create a number of different targets around the space, such as cereal boxes, milk containers with some water in the bottom, or paper on the wall.
- Ask the child to choose different targets to aim at.
- Throw under or overarm.

Activity 3

- Put scores on the targets. Add up how many you have scored.
- Encourage the child to think about how to get the biggest score.



Activity 2

- Join in and take turns telling each other which target to aim for and how to throw, e.g. throw underarm at the milk bottle.
- Give a list of three to aim for.

Activity 4

- Put down groups of targets, e.g. five milk containers. Can the child roll a ball to knock them over? How many can they get?
- Children could take dolly steps to measure how far targets are away.

Change it: **Easier** – Increase the size of the targets. Allow the child to stand near to the target.
Harder – Decrease the size of the targets. Move the targets further away. Put an obstacle in front of the target.