



**Planet
Education**
Inspiring lives through sport



TUESDAY



HIT THE TARGET

**HOW MANY TIMES CAN YOU THROW AN
OBJECT INTO A BOX IN 30 SECONDS?**

Suitable footwear & clothing

Safe & clear space

Object to use - small ball, socks, soft toy etc

Aim towards the target with non throwing hand

Underarm throw, with a gentle swing before hand.

upon release, keep arm straight inline with object

**Top Tip - try to create an arch (rainbow) with the object when
throwing towards the target.**

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