

# Personal Best Challenge: Target Throw



## Equipment:

- Nine pairs of socks.
- Three different targets.
- Marker for starting point.

## Instructions:

- Can you throw 3 pairs of socks into three different targets?
- Target 1 set 2m away, target 2 set 3m away, target 3 set 4m away.
- You have nine attempts to score as many points as you can.
- Target 1 = 1 point, target 2 = 5 points, target 3 = 10 points.
- Socks must stay in the targets for the points to count.



How will this help me?

- Help me with my throwing and aiming skills.
- Can i be more accurate with my throws?

What else could i try?

- Set a time limit e.g how many points can you get in 30 seconds?
- Move the targets further away.
- Make the targets smaller.