

Healthy Movers

Using Objects: Target Games

Benefits: Helps children get good at aiming.



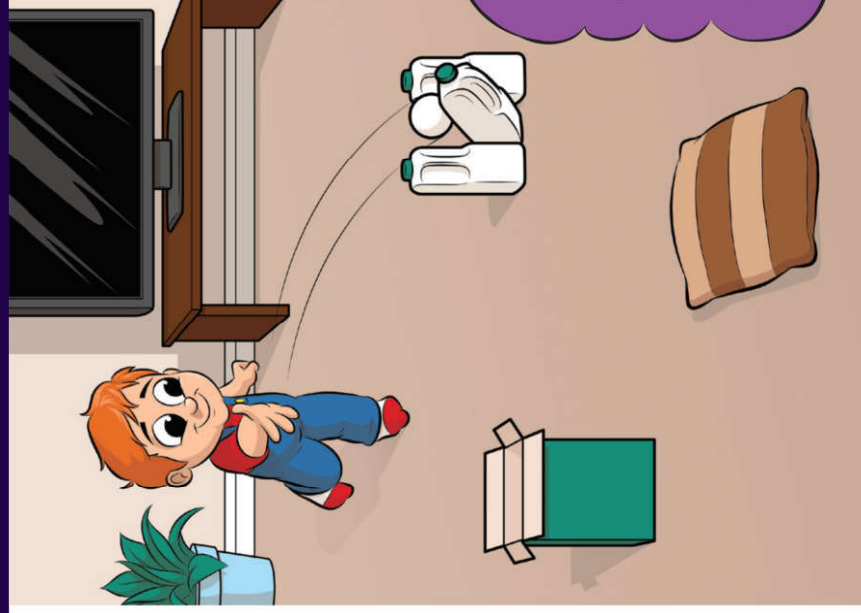
YOUTH
SPORT
TRUST

Where to play: Indoors or outdoors. **Safety:** Lots of space near target.

Equipment: Small sponge balls or paper balls. Variety of targets.

Activity 1

- Make some targets.
- Ask the child to throw something at the target.



Activity 2

- Put scores on the targets. Add up how many you have scored.

Activity 3

- Take turns and tell each other which one to aim at.

Activity 4

- Put down groups of targets e.g. 5 milk containers. Can the child roll a ball to knock them over?
- Can they take a small step back every time?

Change it: **Easy** – Increase the size of the targets. Allow the child to stand near to the target.
Hard – Make the targets smaller. Move the targets further away. Put something in front of the target.