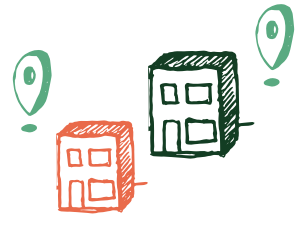
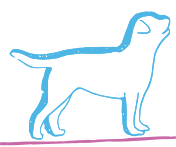


TARGET PRACTICE

Who has the best aim?



HOW TO PLAY TARGET PRACTICE



- > T f u ! v q ! t p n f ! u b s h f u t !) f n q u z ! x b u f s ! c p u m f t ! x p s l ! x f m m * ! u i b u ! z p v ! b o e ! z p v s ! g b n j n z ! d b o ! u s z ! u p ! l o p d l ! p w f s
- > D s f b u f ! b ! q t u b s u j o h ! m j o f ! ! b u ! b ! e j t u b o d f ! g s p n ! u i f ! u b s h f u t ! v t j o h ! t p n f u i j o h ! m j l f ! b ! c j u ! p g ! s p q f - ! t u s j o h ! p s ! b o ! p c k f d u ! u p ! t u b o e ! o f y u ! u p
- > N b l f ! u i f ! t u b s u j o h ! m j o f ! b o ! b q q s p q s j b u f ! e j t u b o d f ! u i b u t ! d i b m m f o h j o h ! c v u ! o p u ! u p p ! e j g g j d v m u ! p s ! f b t z ! g p s ! z p v ! b m m
- > V t j o h ! t p g u ! p c k f d u t !) m j l f ! t p g u c b m m t ! p s ! s p m m f e ! v q ! t p d l t * ! u b l f ! j u ! j o ! u v s o t ! u p ! u i s p x ! u i f n ! b u ! z p v s ! u b s h f u t

SUITABLE FOR: A/P/P
TAKES: 20-40 minutes



YOU WILL NEED:

> S	S	S
	S	
> S	S S	
	SS	

REMEMBER



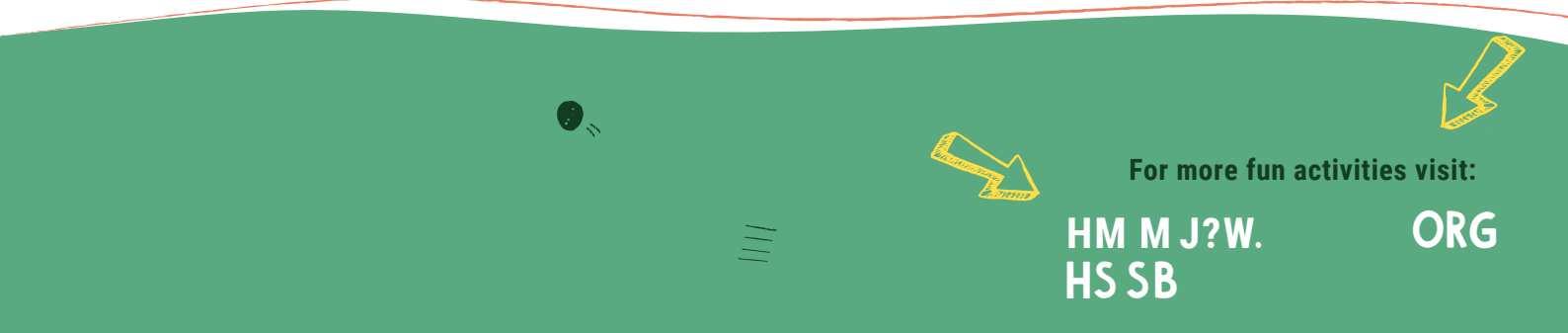
SAFETY...

S	H	S	H	!
S	S			

Why not try?



📺 **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #MFGOSYSSTP 📺



For more fun activities visit:

HM M J?W.
HSSB
ORG