

TARGET PRACTICE

Who has the best aim?

HOW TO PLAY TARGET PRACTICE

- > Set up some targets (empty water bottles work well) that you and your family can try to knock over
- > Create a 'starting line' at a distance from the targets using something like a bit of rope, string or an object to stand next to
- > Make the starting line an appropriate distance that's challenging but not too difficult or easy for you all
- > Using soft objects (like softballs or rolled up socks) take it in turns to throw them at your targets

REMEMBER This is an activity the whole family can get involved in!

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > Something to use for targets like empty water bottles
- > Something to use for the 'starting line' like a bit of rope

SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park

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 #Bringbackoutdoorplay