

Target Throw

Aim: How many points can you score with 8 sock balls ? (a pair of socks rolled into a ball)

Set up:



- Set the first target (page of newspaper/basket/ cushion or hoop) 1 metre (adult stride) away from your starting point marker.
- The spaces between the corresponding target (page of newspaper/basket/ cushion or hoop) are approximately 30cm away and set up in diagonal positions.
- 1st hoop is 1 point, 2nd hoop is 2 points, 3rd hoop is 3 points and 4th hoop is 4 points.

Rules:

- throw 8 sock balls, 1 at a time.
- Points are scored for where the sock ball has stopped. E.g. If a sock ball lands in on a target but then slides out then it is scored as 0 points.
- All throw from the start marker
- Aim for any hoop you like (think tactically about scores)



If a player is a wheelchair user with limited throwing capacity then they are positioned alongside each target and they swipe or knock the socks off from their tray or from a surface that is held for them.

If the player needs a sensory stimulus and its sunny day, set the game up outside using containers of water and throw in 8 potatoes, 1 at a time.

How many points do you score (and how wet do you get!)

