

MULTI SKILLS

KEY STAGE 1 (AGES 5–7) – 6 WEEK PROGRAMME

MAIN GAME – TARGET CHAMPIONS

WEEK
3

MAIN GAME
TARGET CHAMPIONS



20
MINS



5–7
YEARS



FOCUS: Develop underarm throwing accuracy and teamwork to score points.



HOW TO PLAY

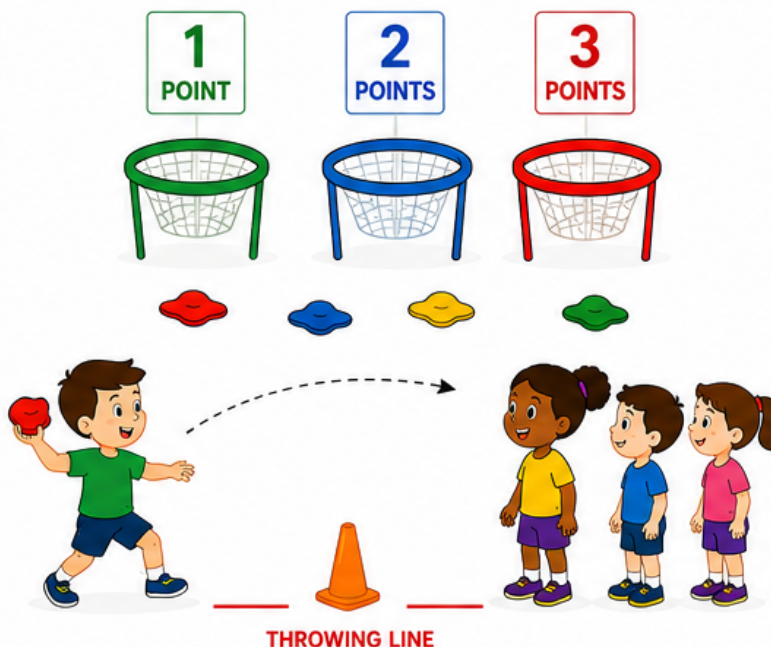
- 1 Set up different targets worth different points.
- 2 Children take turns to throw a beanbag at the targets.
- 3 Score the points for your team when you hit a target.
- 4 Collect your beanbag and pass it to the next teammate.
- 5 Keep going for the time.
- 6 The team with the most points wins!

EQUIPMENT

- Beanbags
- Buckets or hoops (targets)
- Spot markers (to stand on)
- Cones (to mark throwing line)



TARGET SET-UP EXAMPLE



MAKE IT FUN!

Create your own target course! Can you hit the 3 point target?
Try a team challenge – can you beat your score?



COACHING CUES

- ✓ Stand sideways, one foot forward.
- ✓ Point your arm at the target.
- ✓ Step forward with the opposite foot.
- ✓ Swing your arm low to high.
- ✓ Release the beanbag with your thumb pointing down.
- ✓ Watch the beanbag all the way.
- ✓ Collect the beanbag and pass it on quickly.

TOP TIP



Aim carefully and
have a go!
Every throw is a
chance to improve!



MAKE IT EASIER

- Use bigger targets (buckets closer together)
- Use softer, larger beanbags
- Stand closer to the targets
- Give each player more turns
- Lower the points on all targets



MAKE IT HARDER

- Use smaller targets (buckets further apart)
- Stand further back
- Use smaller beanbags
- Add more targets
- Add a time limit
- Award higher points for harder targets



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP



TRY YOUR BEST • ENCOURAGE OTHERS