

# VIRTUAL SCHOOL GAMES

WEEK 1: 1<sup>st</sup> June - 5<sup>th</sup> June

## THROWING WEEK

MELTON, BELVOIR &  
SOUTH CHARNWOOD

VIRTUAL  
SCHOOL  
GAMES

#STAYSAFESTAYACTIVE  
#HEALTHYATHOME

FOLLOW RETWEET GETINVOLVED

### Challenge 1 Target Throw

*How many times can you throw a bean bag into your target in 60 seconds?*

- What you'll need:**
- Stop watch or something to time 60 seconds
  - A bean bag or pair of rolled up socks
  - A hoop or washing basket (your target)

- How to play:**
- Place your target on the ground and take 3 large steps backwards
  - Where you are stood is now your throwing line (put a marker on the floor)
  - Throw your bean bag/socks into your target area as many times as you can in **60 seconds**
  - Keep a count of every successful attempt and record your results below
  - After each attempt, collect your bean bag and return to the throwing line



Keep going...Once you've had a few practices, set yourself a target and keep going until you achieve your personal best!

### Challenge 2 Distance Throw

*How far can you throw?*

- What you'll need:**
- A vortex howler or a tennis ball
  - Measuring Tape
  - Something to mark your throwing line like a jumper

- How to play:**
- Place your marker on the floor
  - Stand with your foot behind the line and try to throw your howler/ball, as far as you can
  - Record your results in the table below
  - After each attempt, collect your bean bag and return to the throwing line



You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

### Personal best score card

**Submit results by 4pm on Friday 5<sup>th</sup> June**

Name:

	Your best score/distance	How many attempts did you have throughout the week?
Challenge 1		
Challenge 2		

We'd love to see you in action so why not tweet us a clip of you taking part [@MeltonBelvoir](#) [@SouthCharnwood](#)  
Get Creative - Can you think of your own throwing challenge that could be a part of your school's own Virtual Sports Day?