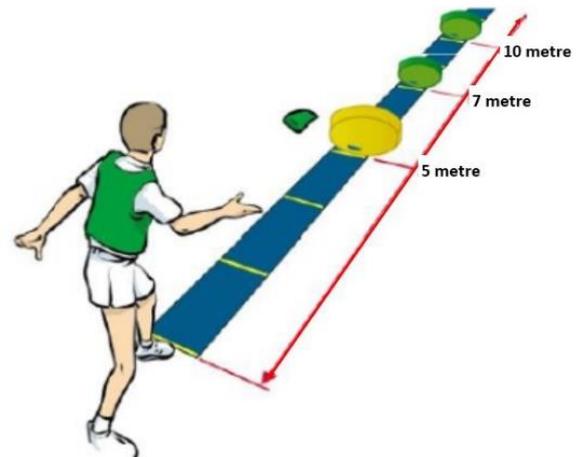


Islington Personal Challenges

Week 9: Target Throw challenge

Challenge Description;

- You will need a ball, beanbag or soft item to throw and a target such as empty bin, hoop or box.
- To start place the target 2m from the throwing position.
- Try to throw the item into the target
- If successful, move the target further away, like shown.
- If you miss keep trying until you can get the ball in the target
- Your score is your furthest successful throw into the target in cm/metres
- [See Twitter for a video demonstration](#)



Teaching Points;

This challenge helps you practice object control and co-ordination through under arm throwing. The challenge will also help with accuracy, focus and stability by working on your stance as you throw and the targets you are aiming for. The key coaching points for underarm throwing;

- Stand with the opposite leg to your throwing arm in front for a stable base and
- Focus on the target and point the toes and opposite arm at the target
- Have a few practice swings with your throwing arm moving from low to high
- When you're ready to throw, the throwing arm starts low behind the body, swing the arm forward to a high position and release the ball. Have a few practice swings to help
- If you miss, try letting go earlier or later to practice and find the right distance



To take part in the Islington virtual competition submit your scores to sports@islington.gov.uk (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit our webpage www.islingtoncs.org/pesspa

Islington Personal Challenges

Examples of how you could use or fit the personal challenge into the school day

PE Lessons

The target throwing challenge is a simple activity that could be used within a PE lesson as a basic throwing and catching activity, but can be adapted further to be more challenging or incorporate different skills. For key stage 1 the challenge could be used as part of a specific throwing and catching lesson or unit. Following a warm-up, the target challenge could be setup in small groups for pupils to attempt and practice their throwing technique. This would give you opportunity to introduce, observe and feedback on technique or encourage pupils to peer feedback. Progressing the challenge for a lesson is quite straight forward and you could add different throwing techniques, using different targets or distances of targets or throw and catch with a partner. You could also build towards a variety of other throwing and catching games, such as target games or invasion games.

For Key Stage 2 a lesson could follow a similar format to KS1 depending on the level of the pupils, but you may progress through the activities quicker and to more challenging activities or game principles. For example starting with the challenge, but progress to activities such as crazy catch, throw tennis or wall squash or invasion games such as crazy ball. Through these sorts of progression you work towards applying more pressure to the skills adding in opponents to play against and can also work on tactics and game principles as key stage 2 pupils should be through the curriculum.

Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used during a number extra-curricular clubs. You could use it as part of a rotation of challenges or activities for an internal competition or games club. Additionally you could follow a similar activity format as described for PE, or adapt the challenge to be more sports specific and help with passing skills for sports such as basketball, netball or rugby passing or even as an introductory session to tennis to help teach players the low to high technique for striking a ball and building towards using rackets

During a break or lunchtime, staff or young leaders could be given the items of equipment and space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Zoning the playground will help keep a safe space.

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