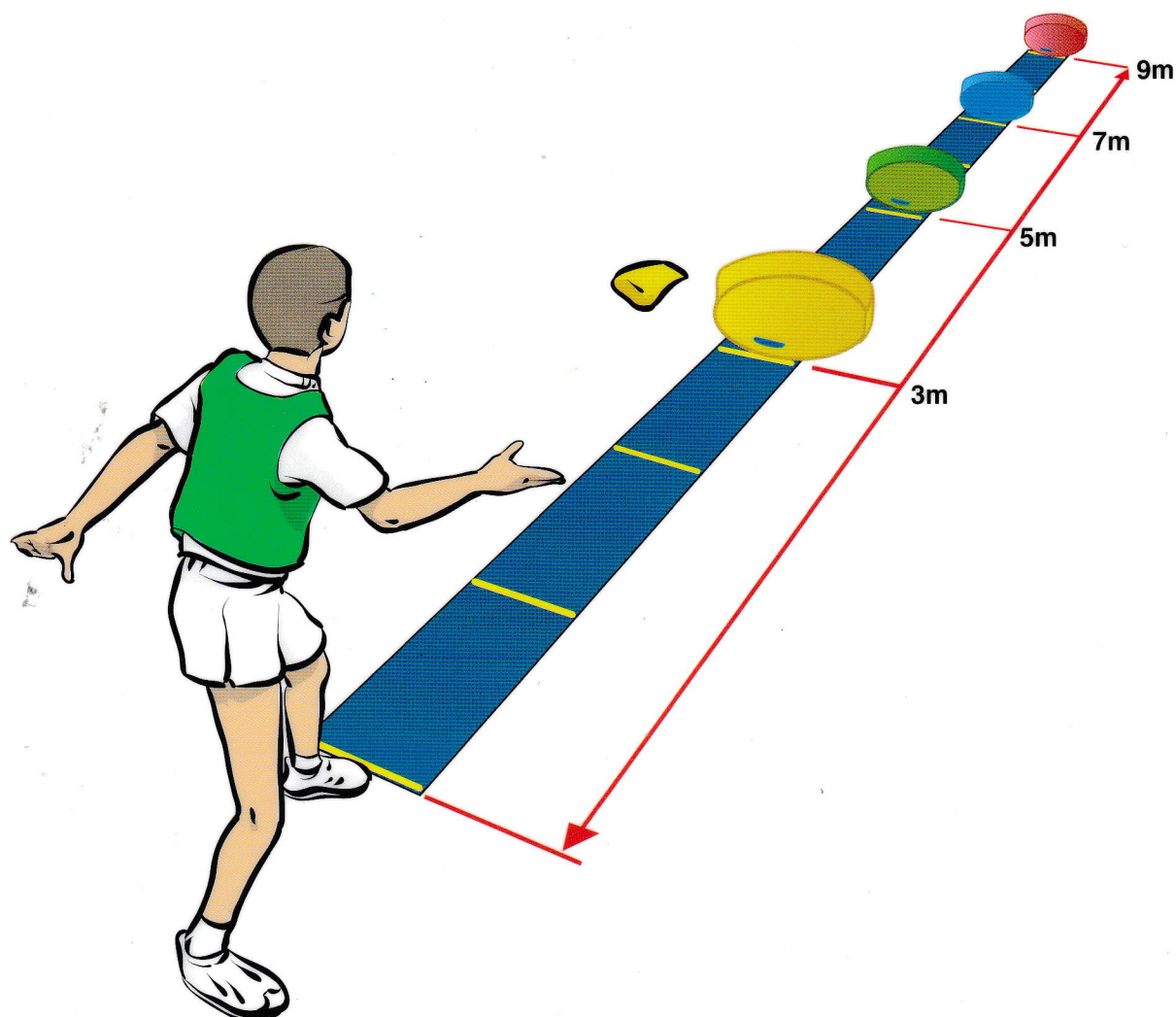


TARGET THROW

Description

The Target Throw is a test of hand to eye co-ordination and throwing accuracy. The participant throws coloured bean bags into the same coloured targets at distances of 3m, 5m, 7m and 9m.



Equipment

- Target Throw Set

How to Run the Challenge

- Standing behind the throwing line the participant throws five matching coloured bean bags into the nearest target and continues for each different coloured target.
- Two points are scored if the bean bag lands directly in the same coloured target.
- One point is scored if the bean bag touches the floor before ending up in the target or if the bean bag lands only partly in the target.
- No points are scored if the bean bags land in a different coloured target, or bounces out of the target (maximum score is 40).

Tips

- Participants should place opposite leg to the throwing arm forward to assist balance.
- A stopper board or gym bench can be used to prevent participants from stepping over the throwing line.