

## Primary at home challenges

**GAMES 1:** Using a ball/rolled up socks and a small box/towel as a target. Throw it under arm into/onto the target.

1. Can you throw the ball/sock into the box or onto the towel?
2. How many can you get on target? Move further away if you are successful.
3. Can you use R hand only to throw the ball/sock then L hand only?
4. Can you add more targets as in the picture.
5. Can you hit the target that someone calls out for you?

**GOOD LUCK!**



**Can you challenge  
a family member?**

