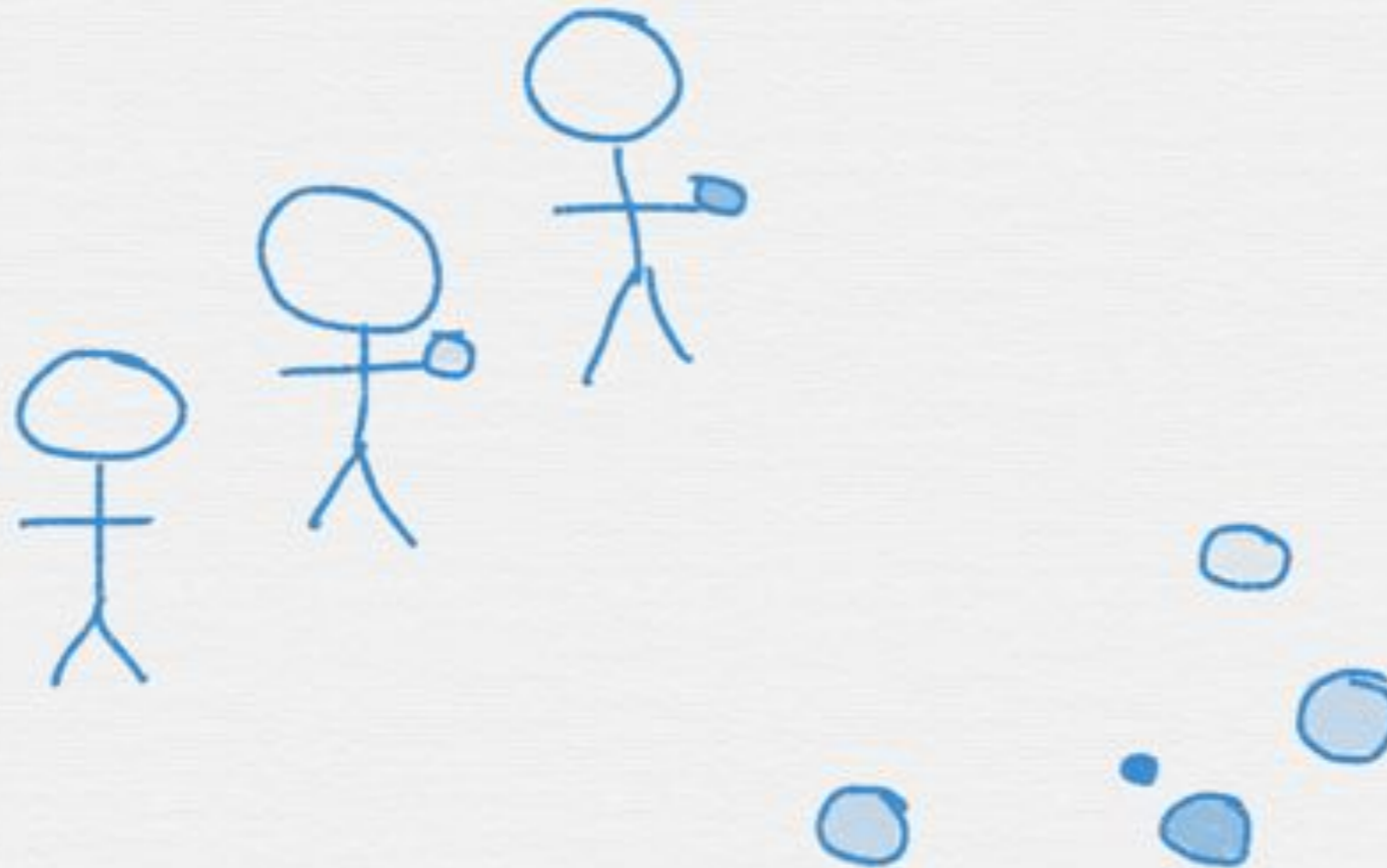




Throwing to the Jack



Use a smaller ball as the target

QR code

Description

Different colour ball acts as the jack (white juggling ball) children get to throw their juggling ball or beanbag towards the Jack to get as close as possible

Progression

Encourage high quality movements:
Underarm

- Arm swings downward and back
- Contralateral step
- Segmented body rotation

Curriculum links

PD: Control body movement, develop gross motor skills.

Equipment

Juggling balls or beanbags and a smaller/different colour ball



Number of children

Whole class or small groups (depending on space)