

throwmania

How good are you at hitting targets in a limited space?



Supporting your school to provide 30 of the daily 60 active minutes recommended

how to play



This is a great game for practising controlled throwing in limited space. First create channels of varying widths with marker cones or chalk lines. Then select a variety of objects for throwing, like throwalls, throwing scarves and bell balls. Within the channels, set up a range of targets to aim objects at. Here are some ideas:

Target 1 – a series of hoops in the shape of the Olympic rings to roll balls into

Target 2 – buckets to throw into

Target 3 – place a large ball in the channel to aim at

Target 4 – draw a target on the floor in chalk

Move the targets, or players, further away for an even bigger challenge!

Safety: make sure there's enough space between channels and the area behind the targets is free of people.

equipment

Hoops, ropes, throwall, throwing scarves, Frisbee, bell balls, goalball, balloon ball, koosh ball.

sporting connection



Aiming, shooting and reaching targets in a limited space are all part of golf, bowling or fencing. Throwmania helps these skills by creating boundaries within which the activities must be played in.

did you know?

After the Paris 1924 Games, the Italian and Hungarian teams settled a scoring controversy with a real-life duel.

wider club activities

throwmania

Skills	Example
Thinking me	Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)
Social me	During this week, at home or at school, try to congratulate others when they do something well - remember how it makes you feel and how it seems to make them feel.
Healthy me	Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.
Physical me	Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.
Creative me	For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

space

Make the channels narrower or wider

Make the distance from the target shorter/longer

Alter targets to make them higher/lower depending upon the skill you are practising

task

Throw in different ways, underarm, overarm, chest pass, sideways throw, or roll or kick the ball/ push with foot

Set personal goals

equipment

Vary the throwing equipment - use different sizes, shapes and weights

Try using a bat

Introduce barriers to create higher channels

If throwing or kicking/pushing with the foot is not an option, players can use a ball-sending ramp

people

Play independently

Play in pairs

Play in teams

Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it