

**Gloucestershire**



**virtual**



Primary target challenge

Time: 60 seconds

Equipment: one ball, One Bottle, One marker & stopwatch

Task: to hit over your bottle placed 3 metres away as many times as you can. After each attempt run & collect the ball before trying to throw again from your marker. A point is gained each time you hit over your bottle. use any throwing technique.





Secondary target challenge

Time: N/A

Equipment: as many balls as you like, One Bottle, One marker & stopwatch

Task: to hit over your plastic bottle placed 5 metres away from your marker as many times as you can in 12 attempts. A point is gained each time you hit over your bottle. Using any throwing technique.





Inclusive target challenge

Time: 60 seconds

Equipment: 5 balls, 3 bottles, one marker & stopwatch.

Task: Rolling a ball try and hit down as many bottles as you can placed 3 metres away. Reset fallen bottles whenever you wish. You can collect thrown balls wherever you wish also. a point is gained each time you hit one over.





**Now it’s over to you!**

**Submit your personal best to your PE lead at your school by Thursday 9th July.**

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