

Activity Name:	Target Practice	# 00090
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My Child Learns:	<ul style="list-style-type: none"> • Hand eye coordination • Balance • Throwing with direction
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What Do I Need?	<ul style="list-style-type: none"> • Balls or small bean bags of your choice (about tennis ball size) • Cardboard • Child appropriate paints and brushes
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How To?	<p>Using your piece of cardboard, create a ‘target’ with your paints and brushes. It can be any shape, size or colour you wish (for younger children, make sure the target is quite big). Allow to dry.</p> <p>Place your target in a clear space in the garden and using the balls or bean bags, throw them to try and hit your painted design.</p> <p>Young children need to stand very close and probably need to be encouraged to throw under arm to start, helping them with direction. Older children can stand a little further back and might attempt over arm throws as they become more confident.</p>
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Developmental Areas

✓	 Cognitive	✓	 Language
✓	 Social	✓	 Emotional
	 Fine Motor	✓	 Gross Motor

* Click on any of the links for more information about developmental areas