

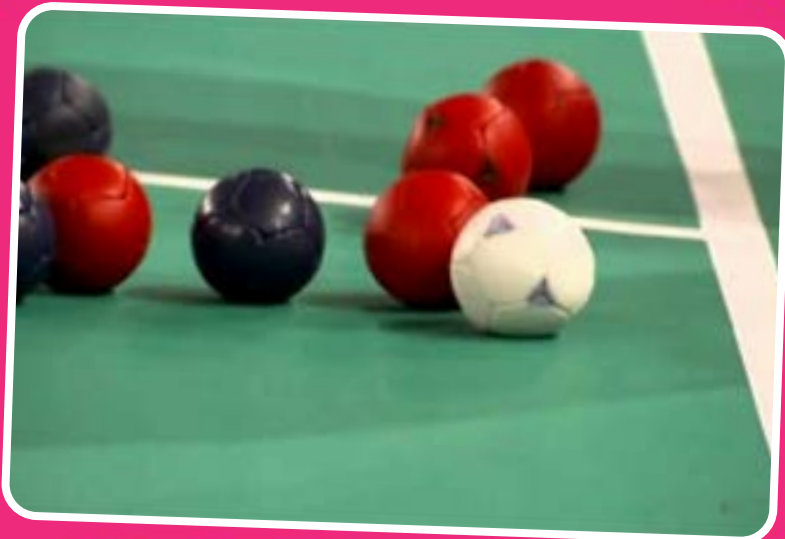
PRIMARY PROJECTABILITY: SLINGIN' SUPERHEROS

part of the Cornwall Virtual School Games

#CORNWALLSCHOOLGAMES

ACHIEVE THE CHALLENGE:

Accumulate as many points as you can in 60 seconds by throwing objects into various targets



HOW TO PLAY:

1. Do this challenge sat down either in a chair/wheelchair or on the floor
2. Set up a starting marker using an item of clothing.
3. 3 meters (or big steps) away set up 3 different sized targets (hula hoops, cushion, bucket or washing up bowl) Label the biggest target as 1 point, medium target as 2 points and smallest target as 3 points.
4. Use 3 objects (ball, socks rolled up or scrunched up paper) to throw into the targets.
5. Once you have thrown all 3 objects, go and collect your objects without walking! You should wheel or shuffle on your bottom to retrieve them.
6. Go back to starting point and see how many points you can tally up in 60 seconds

EQUIPMENT

- Throwing objects x 3: ball, screwed up paper, bean bag, socks
- Targets: sauce pan, hula hoop, washing up bowl, piece of paper, cardboard box
- Stopwatch/timer, clock or someone to keep time

ADAPTATIONS FOR AGE / ABILITY

- Move the targets closer to help make it easier
- Make the targets bigger to help make it easier
- Make the targets smaller to challenge yourself

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SAFETY

- Check the area you will complete this challenge so there are no hazards on the floor around you
- Don't throw anything that could break easily

SCORING

- Biggest target = 1 point
- Medium sized target = 2 points
- Smallest target = 3 points
- Keep count of the points you accumulate throughout the 60 second timer and add them together at the end for your final score. Only count the point if the whole object lands in the target



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TIPS

- Use an underarm throw to make it easier to get the object in the target
- Practice throwing before you compete in this challenge
- Practice shuffling on your bottom to move around before you take on the challenge!

BONUS POINTS:

Don't forget to try and demonstrate the School Games values whilst you complete this challenge. There are six values; Respect, Honesty, Passion, Team-Work, Determination and Belief

