

## THROWING DEVELOPMENTAL ACTIVITIES

Week #4/Lesson #1

### **7** Throwing for Accuracy at Multiple Smaller Targets

Place 5 empty plastic milk jugs or empty soft drink containers 6 inches apart, on a table or bench. Have the child throw the Rubber band ball from a line that is a recommended distance away. The object is to hit all jugs in as few throws as possible. When the child is able to achieve this task in 6 throws, challenge him/her to move back farther and try again.

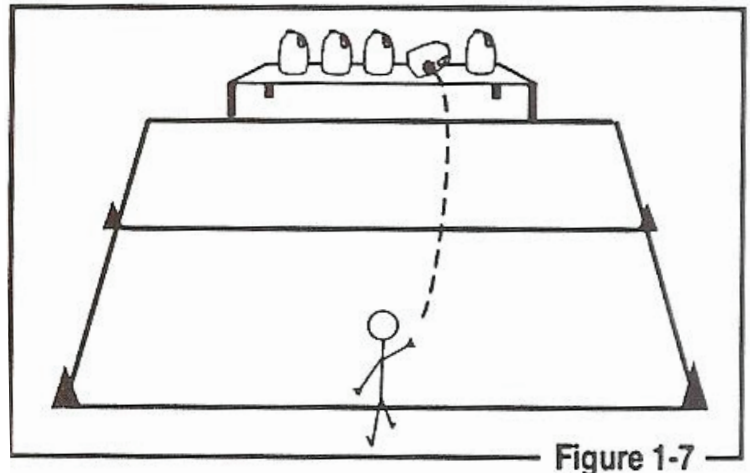


Figure 1-7

Recommended starting distances:  
5 feet (ages 3 - 4) \* 10 feet (ages 4 - 5)

Week #4/Lesson #2

### **8** Throwing for Distance and Accuracy

Using a rope or Hula Hoop, make an 8 to 10 foot circle on ground. Standing behind the line which is a recommended distance from the target, the child throws the ball so that it lands on the ground within the target circle. Complete this task 8 out of 10 times successfully then move back at 5 foot increments.

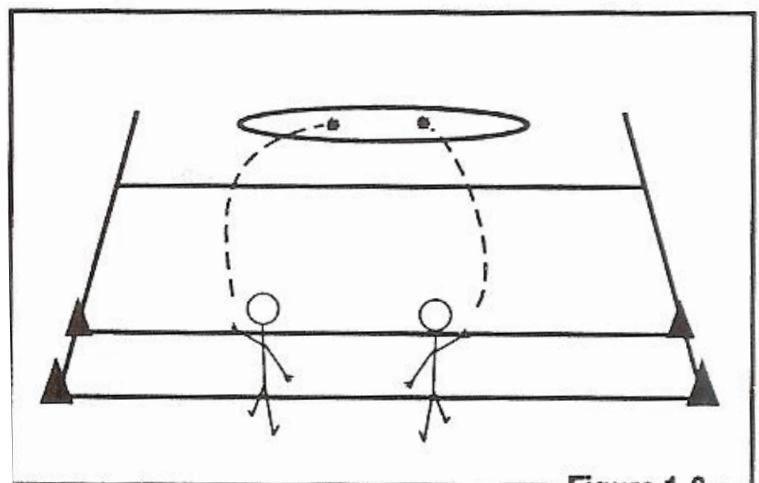


Figure 1-8

Recommended starting distances:  
5 feet (ages 3 - 4) \* 10 feet (ages 4 - 5)