

Hit the target

Let's play and talk together

- ❖ Invite your child to help you set up some throwing targets to knock down, e.g. empty milk cartons, or put some paper targets on a wall at different heights.
- ❖ Give your child several objects to use for throwing, e.g. a bean bag or a paper or sponge ball for indoors; a tennis ball for outdoors.
- ❖ Invite your child to choose a target and try to hit it by throwing one of the objects.
- ❖ Teach your child how to throw a ball overarm. Learn the poem together, and practice the motions as you say it.

How to Throw a Ball Overarm

Stand side on,
Make a star,
Point your finger,
Throw it far.

Anonymous

A good read-together book

One Bright Monday Morning
by Arline and Joseph Baum

You will need some empty plastic or cardboard containers, some sheets of coloured paper, tape, markers, and some throwing objects such as bean bags, crumpled paper balls, sponge balls or tennis balls.

This activity helps children develop throwing skills and eye-hand coordination. It is also good for learning the names of letters and numbers, and for counting and measuring.



Hints for success

- ❖ When you first start the game, let your child decide which target to aim for, where to stand and whether to throw underarm or overarm.
- ❖ Encourage your child to practice aiming and throwing at different targets.

Which target are you aiming for this time?

Try throwing underarm to the juice bottle.

Ways to say it

More ideas for Hit the target

Try this way

- ❖ Invite children to measure the distance to a target with their footsteps, and help them keep a record of how far they can throw to hit a target.
- ❖ Put up paper targets of different colours or shapes. Encourage children to call out the shape or colour each time they hit a target.
- ❖ Put up paper targets of different sizes and heights. Have children aim and throw from largest to smallest, lowest to highest, etc.
- ❖ Put numerals from 1 through 5 on targets. Try some of the following games:
 - Throw until you have hit each of the numerals.
 - Aim to hit each numeral in order.
 - Hit the Number 1 once, Number 2 twice, etc.
 - Take turns making three throws each. Count up your scores by adding the numerals that you hit, e.g. $1 + 4 + 2 = 7$.

Early literacy

Read the poem **Throw the Ball** together. Make targets that look like the sun and the moon. Say the poem aloud as you try to hit the targets.



Throw the Ball

Let's throw the ball at the sun,
Make it laugh and sigh,
See it hide and smile and run,
Then fall from the evening sky.

Let's throw the ball at the moon,
And watch it falling down,
Then catch it with a silver spoon
In the middle of the town.

Edwin Thumboo