

EQUIPMENT:

Anything you can throw (e.g. Socks)

Target (e.g. bin/basket/empty box)

PREPARATION:

Decide on a safe space to play in (garden, living room, bedroom), collect your equipment as listed above from around the house

Set up a target and then choose a starting position to throw from

Player	Attempts 'In Top Bins'	Scored

ACTIVITY:

See how many times you can get your object into the target by throwing it from the starting position

This game can be played as an individual or against family members in your home. If you wish to make it more competitive you can use the scorecard

ADAPTATIONS:

Kick the object instead of throwing

Move Closer or further away

Sit or lie down

Try and get it in whilst the target is moving

Try different objects (larger/smaller)

Blindfolded or overhead shots

Let us know how you get on with this challenge @citctweets