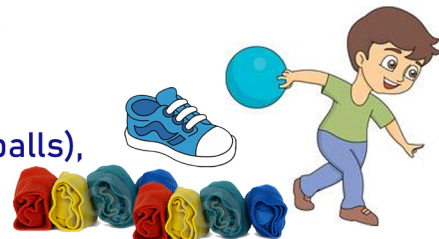
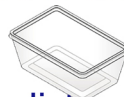


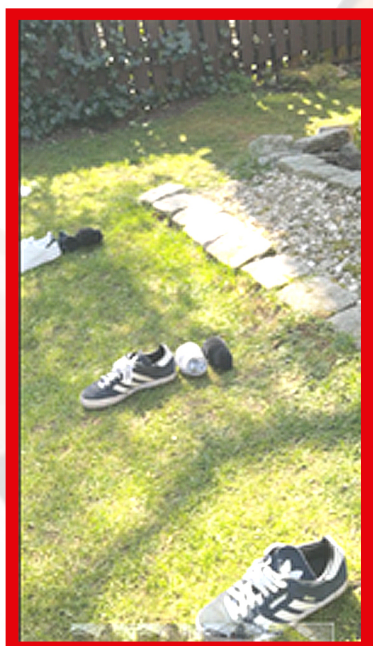


Fielding exercise- under arm throw

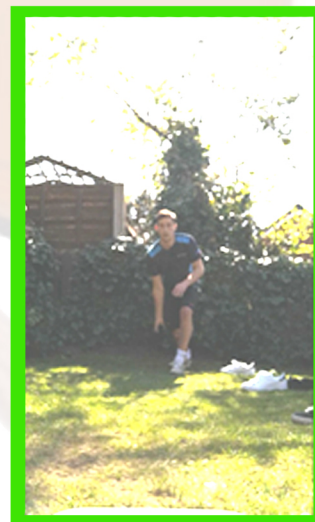
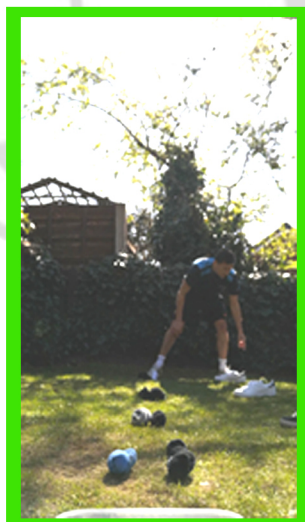
Equipment needed- Equipment needed- 8 pairs of socks (balls), container or box (target) and shoes (markers)



Development 1- Place 4 shoes down at an even distance apart, these will be used as markers from where to throw. You will try to throw the socks (that are rolled up into balls) at a box, if it lands in the box you can go on to the next marker. You can't move on until the sock ball lands in the box.



Development 2- Place two rolled up balls next to each shoe, this time you can only move back a marker if both sock balls land in the box. For this round if the sock balls land in the box but bounce out it does count.



Competition- How many sock balls can you throw into the box? Every sock ball that lands in the box is worth one point, this time if it lands in the box but bounces out it doesn't count towards your score. The maximum score you can get is 8, on my first attempt I scored 4 and on my second attempt I scored 6.

Can you beat my score?

