

Foundation PE (Reception) - Throwing

Home Learning Challenge Sheet

At school we are learning to throw well. Please help me at home. This is what we need to do to become good at throwing.

Activities to Support Learning

Number Throwing

Make some balls out of screwed-up bits of paper and write some numbers on 4 or 5 sheets of flat paper. Put the number targets on the floor and use your paper balls to score points by throwing them at the number targets.

Slippery Slope

Throw the ball to the top of a slide and try to catch it as it rolls back down. You could also use any flat surface which you can lean at an angle.

Target Throwing

Spread out some plastic tubs or old boxes on the floor. Make some paper balls or find some soft objects. Try to throw the ball or object into the targets. If you find this easy, move further away from the target.

In the Target

You will need a pillowcase or cushion cover, and a soft object or paper ball to throw. Ask a grown-up to hold the pillowcase or cushion cover open. Try to throw your object into it. The grown-up could hold it at different heights to make the activity more tricky!

How to Throw:

1. Look where you are aiming.
2. Hold the ball in one hand and use your other arm to point to where you are aiming.
3. Bring the hand which is holding the ball back.
4. Release the ball as you bring the hand forwards to make it move through the air.

