



The Herne Bay and East Kent Coastal School Sports Partnership at Herne Bay High School



CHALLENGE OF THE WEEK.....

TARGET HITTING

Equipment-

- * Tennis ball/ rolled up socks
- * Rounders bat/ Tennis racket/ kitchen roll tube/ your hand
- * 2 targets e.g cones, bucket, jumper, bike

Technique-

- * Holding the bat in your strong hand throw the ball up above your head.
- * Stay focused on the ball and see if you can strike it on its way down.

Challenge-

When hitting the ball try and aim for your target.

If you hit your target you get a point.

See how many you can get out of 5 and then try to improve or maintain your score.

To make the challenge harder put the targets further away or further apart.

If you have someone that can underarm bowl to you then you can take it in turns.

