



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
- * 2 targets e.g cones, bucket, jumper, bike

Technique-

- * Stay focused on the target
- * Throw your ball underarm to help you

Challenge-

When throwing 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 3 and then try to improve or maintain your score.



YOUTH
SPORT
TRUST

