**Hit the target**

**Physical activity links:** Developing movement skills (throwing, eye-hand coordination)

**Language/literacy links:** Vocabulary (number or letter recognition); counting and addition; measurement; drawing and writing

**Equipment:** Throwing objects; targets (paper or sponge balls for indoors)

**Where:** Indoors or outdoors

**Let's make:** Bean bags (optional)

**Book link:** *One Bright Monday Morning* by Arline and Joseph Baum

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**Let's play**

- With the children, create and set up a variety of targets (e.g. empty milk cartons to knock down, paper targets on the wall). Throw underarm or overarm to hit the targets.
- Have the children decide which target to aim for, and whether to throw underarm or overarm (e.g. “overarm at the pink heart,” “underarm to the juice bottle”).
- Read the poem “Throw the ball” together, and pretend the targets are the sun and the moon.

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**HOW TO THROW A BALL OVERARM**

*Stand side on,*

*Make a star,*

*Point your finger,*

*Throw it far.*
Try this way

- Put the children in charge of setting the distance to the targets. Invite them to measure and mark the distance by measuring with footsteps; help them count and record the number.

- Change target size, colour, shape, height from ground; and have the children aim from largest to smallest; from closest to furthest; from lowest to highest, etc.

- Put numbers 1 through 5 on targets (there may be several of each) and:
  - Aim to hit each target in sequence, taking turns until the first one is hit, then the second, and so on.
  - Hit number 1 once; number 2 twice, number 3 three times, etc. Then read One Bright Monday Morning to discover another number pattern.
  - Have three throws each and help the children total the number of points scored ($1 + 4 + 2 = 7$).

THROW THE BALL

Let’s throw the ball at the sun,
Make it laugh and sigh,
See it hide and smile and run,
Then fall from the evening sky.

Let’s throw the ball at the moon,
And watch it falling down,
Then catch it with a silver spoon
In the middle of the town.

- Edwin Thumboo