



VIRTUAL
GAMES

WEEK 4

THROWING ACCURACY BOCCIA CHALLENGE

This challenge has been set by Ru from Wandsworth
A challenge video will be released on Tuesday at 9.00am on the [LYG website](#)

Challenge Description:

Lay four pieces of A4 paper/markers on the floor with 1, 2, 4 and 6 written on them. These are your targets. They should be placed 2-3 metres away from you. Once set up, you have 60 seconds to try to hit as many of the targets as possible by throwing or rolling different ball/objects at them.

Scoring:

Each time you hit a target you will receive the number of points written on that target.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any type of ball, pairs of rolled up socks, scrunched up paper or any other soft objects. Just make sure you have enough to throw in 60 seconds.

Adapt for Ability and Inclusivity:

It can be done sitting down or standing up. You can try moving closer or further away or increasing or decreasing the size of the targets to adapt the difficulty.

Coaching Tips:

Take your time. Try aiming for closest targets first and then trying to hit the ones furthest away.

Benefits From Challenge:

This challenge will help improve your throwing accuracy and concentration.

Remember to submit your scores before Friday 3rd July at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to info@londonyouthgames.org. You can share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG for the chance to win a pair of Nike trainers. Please ensure that you have permission from a parent or guardian before sharing any content.

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