



OPEN
VIRTUAL
GAMES

WEEK 8 – ATHLETICS TARGET THROW CHALLENGE

This challenge has been set by **Amalia** from **Wandsworth**
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many objects can you land in the target from 5 attempts?

Scoring:

You will receive 1 point for each object that lands in the target.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any type of ball or soft object. You can use a box, bin, washing basket or hoola hoop as your target.

Adapt for Ability and Inclusivity:

You can complete this challenge seated or standing. Athletes with physical impairments can propel the objects using their hands and feet. A guide can be used for athletes with a visual impairment. To make the challenge easier you can use a bigger target or object.

Coaching Tips:

Use any kind of throwing technique you want (even try a variety!) – underarm, overarm etc. Focus on the target and do not throw with too much force!

Benefits From Challenge:

This challenge will help improve your throwing technique and accuracy.

Remember to submit your scores before Wednesday 7th April at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.

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