



Norfolk Virtual School Games Primary Personal Challenge

Challenge One - Bean Bag Throw



Bean Bag Throw
60 Second Challenge



Can you focus, concentrating on the target?

How many times can you throw a beanbag into a hoop in 60 seconds?

 You need to collect the beanbag and return to the throwing line before throwing again.



A beanbag and a hoop
If you don't have a beanbag/hoop, use a pair of socks and a washing basket instead!

Each time you successfully land five beanbags inside the hoop in a row, add an extra five seconds onto your time!

Play with a partner!
Take turns to throw and collect the beanbag. How many points can you score as a team?

Achieve Gold

25 throws



Achieve Silver

20 throws



Achieve Bronze

15 throws






Instructions

- Stand 2m away from your hoop.
- See how many times your bean bag can land inside the hoop?
- Score 1 point each time your bean bag lands inside the hoop.
- You will have to collect your bean bag after each throw.

How to Score

- Record pupils first attempt at the challenge.
- Allow pupils time to practice the skill
- Record pupils second attempt to see if they have achieved a personal best.
- Schools- how many pupils achieved a bronze, silver or gold medal for Bean Bag Throw?