



how to set up:

- Set up a circular track using cones for pupils to run around.
- Pupils compete on their own, but can share the area with other children when competing.
- Give each pupil a beanbag.
- Place 1 hoop in the centre and other hoops close to the starter cones.

equipment:

- Cones
- Large Hoops
- Beanbags
- Stopwatch

how to score:

- *If the beanbag lands in the centre hoop they score 3 points, if it lands in the closer hoop they score 1 point.
- The winner is the pupil with the most points after 3 minutes.

how to play:

- Each pupil starts from a different cone and runs around the outside of the track.
- Once back to their starter cone, children must attempt to throw their beanbag into 1 of the hoops (*worth different points).
- They must get their beanbag into a hoop before they start another lap. They can have as many attempts as possible, but if they miss, they collect their beanbag and retry from their starter cone.
- When they are successful, they collect the beanbag and begin another lap.
- Pupils have 3 minutes to score as many laps/points as possible.

Progression: Increase the time limit to increase the fitness outcomes.

Progression: Increase the throwing distance. Decrease the size of the targets.