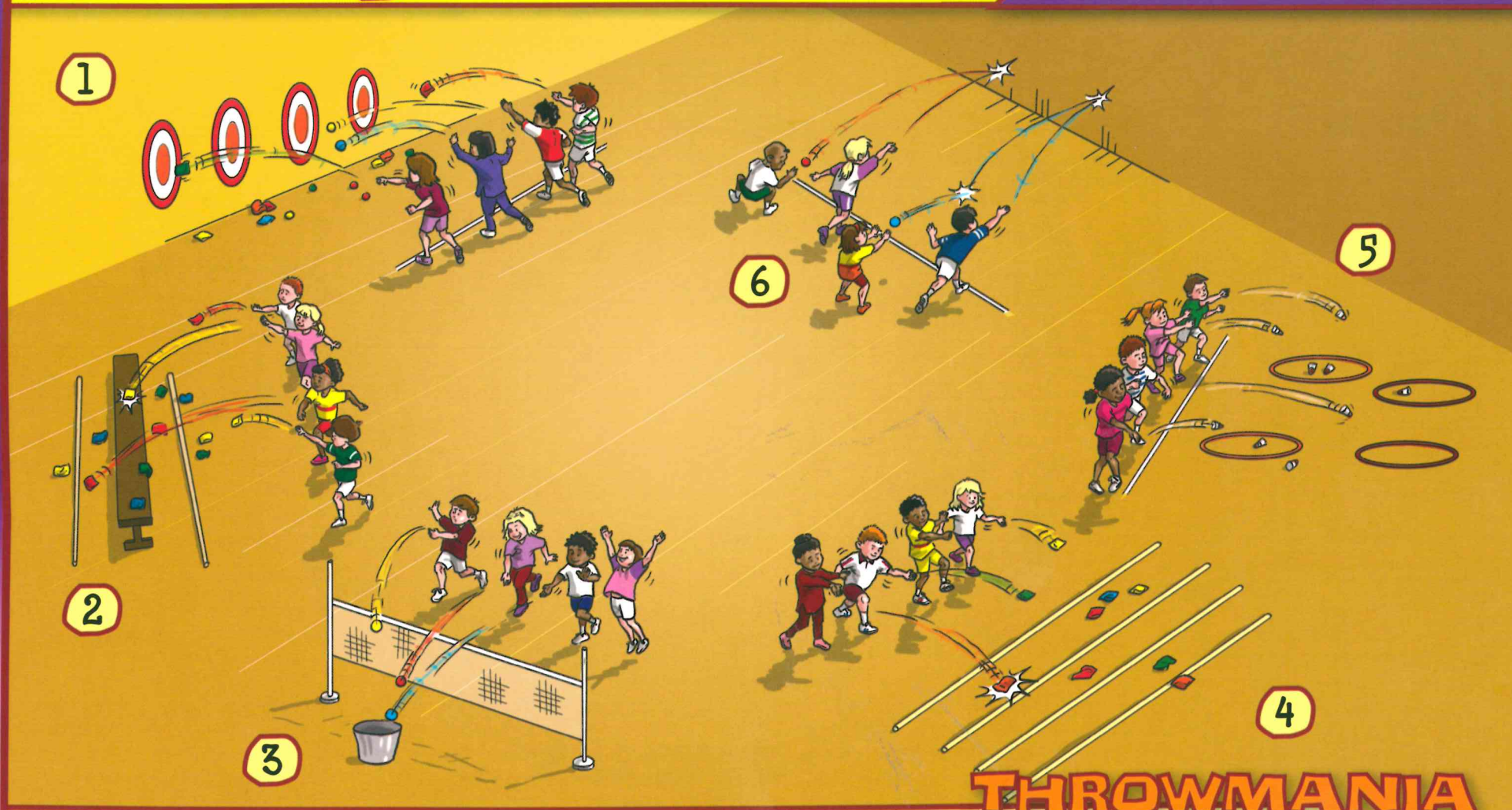


MULTI-SKILL CLUB

CO-ORDINATION 4 MOVING SOMETHING



Set up activities as follows and throw:

1. bean bags or different size balls at targets on walls with various scores marked on them
2. bean bags to land on a bench. 1 point inside the canes, 5 points on the bench
3. bean bags or balls over a net into a basket
4. bean bags or balls into a target area marked on the floor
5. shuttlecocks into hoops on the floor
6. ball against wall for partner to catch behind the line. 1 point for every ball past the line, bonus point for every catch.



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THE NATIONAL PE, SCHOOL SPORT AND CLUB LINKS STRATEGY