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| **Activity Name: Throw Into A Target and Retrieve** | **Time : 30 Seconds** |

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| Recorded Score: 1 point for every successful throw into the target | Number of sets: 1 |

* Begin at the start cone
* Use your dominant hand.
* On go throw the bean bag using an underarm throw into the hula hoop
* Once you have thrown the bean bag, run as fast as you can and retrieve the bean bag
* Run bag to the start cone and throw again
* How many bean bags can you get in 30 seconds?

**Challenge for each class(How many in 30 seconds):**

* Junior Infants – 2nd class: place hula hoop 2 metres away
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* 3rd + 4th = increase distance between the cone and the target (4 – 6 metres)



* 5th + 6th = use non dominant hand

