

TOWEL TOSS



Weekly theme: Target

Activity Aim: Try to land an object in the middle of the target.

Tailor the activity to your needs using the STEPS Principle explained overleaf.

How to play

1. Choose a Level 1-5.
2. Make a target out of towels. Stack the towels largest on the bottom to smallest on the top
3. Take the required steps (as listed on your chosen level) from the edge of the largest towel, this will mark your throw line.
4. Put a pair of shoes/trainers in a plastic bag, tie the handles together, leaving a loop at the top. Holding the loop of the bag, swing and throw the bag towards the target, trying to land the bag on the smallest towel/middle of the target.
5. Throw 6 times and each time you land on a towel (more than half of the throwing object has to be touching the towel to count), record your level and attempt as a total of the 6 throws. Score the throws using the points system below.

Largest towel	Medium towel	Smallest towel
1	2	5

Where to do this

Anywhere. Ensure the space is clear of any obstacles or objects that are easily damaged.

What equipment is needed

Pair of shoes/socks. Plastic bags. 3x different sized towels (For example; bath towel, hand towel, tea towel or flannel),

Who can get involved

You can do this on your own, as a pair or with your family or class in your own area. Take it in turns to throw.

Complete the level most suitable for you

Level 1

Your throw line is 2 big steps from your target.

Level 2

Your throw line is 4 big steps from your target.

Level 3

Your throw line is 5 big steps from your target. Throw 6 times with your strong hand and then 6 times with your weaker hand - compare the results. Record your attempt as the highest score.

Level 4

Your throw line is 6 big steps from your target. Alternate your hands, each time you throw.

Level 5

Your throw line is 5 big steps from your target. Remove all but the smallest towel and use a smaller object to throw.



Submit results by 19 July using the form at <https://bit.ly/37Qbm2g>



Surrey School Games



YOUTH SPORT TRUST



#VirtualSSG2020

Be creative and you could be in with a chance to win a £20 Amazon voucher each week.

LEVEL UP

Make up a more creative and interesting version of this Activity and get an adult to share your Level Up idea on Facebook or Twitter tagging @ActiveSchoolsAS (ActiveSurrey on Instagram) using #VirtualSSG2020.

Ensure Active Surrey are tagged and the #VirtualSSG2020 has been used for the chance to win a £20 Amazon voucher - one Level Up idea will win each week.

A Level Up suggestion has been made, but what other creative ideas do you have?
Consider different items, ways of throwing or shapes for your targets.



Parents & teachers can get involved and submit results too!

How can the School Games Values be displayed ?

The Surrey School Games encourages young people, families, schools and communities to think about what the Games Values mean and how you can embody and display them in your activity.

ADAPT USING STEPS

Change one or more of the five STEPS principles, to adapt the activity to make it more suitable and inclusive for you.

For example use a sensory bell ball, alternatively you could sit or kneel or use larger targets such as blankets to make it more suitable for you.

S	T	E	P	S
Space	Task	Equipment	People	Speed



#VirtualSSG2020