**Healthy Movers**

**Using Objects: Target Games**

**Benefits:** Helps children get good at aiming.

**Where to play:** Indoors or outdoors.  
**Safety:** Lots of space near target.  
**Equipment:** Small sponge balls or paper balls. Variety of targets.

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**Activity 1**
- Make some targets.  
- Ask the child to throw something at the target.

**Activity 2**
- Put scores on the targets. Add up how many you have scored.

**Activity 3**
- Take turns and tell each other which one to aim at.

**Activity 4**
- Put down groups of targets e.g. 5 milk containers. Can the child roll a ball to knock them over?  
- Can they take a small step back every time?

**Change it:** Easy – Increase the size of the targets. Allow the child to stand near to the target.  
**Hard** – Make the targets smaller. Move the targets further away. Put something in front of the target.