

# POST-IT TARGETS



GET ACTIVE



15 MINUTES



READY TO GO



## GETTING INTO THE ACTIVITY

Set up your own target practise wall, to put your aiming and throwing skills to the test.

On post-it notes, write the numbers 1-10 and stick these to a wall. Set up a throwing line a couple of metres away.

You'll now need something to throw or shoot at the wall. Nerf guns, small soft balls, bean bags etc. would be ideal. If you don't have any of these items, then pair some socks up and make these into balls to throw.

Throw the balls against the wall, if you hit a post-it note you score the amount of points on the note. How many points can you score with 5 throws? Try again and see if you can beat your score. Now can you hit the notes in number order?

Make it more difficult by moving the throwing line further away from the wall.



## WHAT YOU'LL NEED

- Post-It Notes
- Pen
- Soft Ball / Nerf Gun / Socks



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure the wall and equipment used is safe and appropriate. Share a picture or video of you playing the game with your BB group or post on social media using #BBatHOME.