



GET ACTIVE



15 MINUTES



PREPARATION
NEEDED

PENGUIN TARGETS

PART OF THE PENGUINS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Bring a colony of penguins to your meeting space and use them to play some throwing and aiming games.

Download and print the penguin target sheets. You can print multiple sets of these, depending on what scores and how many penguins you want to use. Give one of more of these target games a try. These could be played individually or in teams.

Knock a Penguin: Cut out the penguins and stick them to a skittle (or weighted plastic bottle). Place them in a line at one end of the room. Children should take it in turns to kick a football and try to knock over one of the penguins, aiming for the higher scoring penguins.

Penguin Bowling: Place the penguin skittles in a ten-pin bowling set-up. Children can take it in turns to bowl a ball, trying to knock over the penguins. Add up the score of all the penguins that fell over each time.

Feed the Penguins: Place hoops randomly on the floor. Inside each hoop, stick one of the penguin score sheets. Set a throwing line at one end of the room. Children should take it in turns to throw a beanbag (imagining it is a fish they are feeding to the penguins), aiming to try and get it to land in one of the hoops. The higher scoring penguins should be further away or in smaller hoops.



WHAT YOU'LL NEED

- Penguin Target Sheets
- Skittles / Hoops
- Blue Tac / Tape
- Beanbags / Balls



KEEPING EVERYONE SAFE

Please maintain social distance where required. When using shared equipment, hands should be cleaned both before and after the activity.











