**Personal Best Challenge**

* Place your targets/target in a safe space and choose your starting point
* Throw the object (ball, balled up pair of socks or a scrunched piece of used paper)
* Aim for the targets, and see how many points you can get!
* See how many point you can get in 3 minutes

Change the difficulty

To make it harder, compete with someone from your home and see who can get the most points.

Move the target/targets further away every time you get a point.

How man different ways can get it in to the bucket? Overarm, underarm or maybe even volley it (KICK IT)!

To make it easier, move the targets closer.