

Dragon Sport Athletics

# Three Throw Thriller

Activity Card



Dragon Sport  
Campau'r Ddraig

# Three Throw Thriller



## Let's play

- Design a throwing circuit - e.g. throwing for distance (cricket ball), discus, shot, putt, javelin, hammer, adapted throw - netball/ basketball shot, tennis serve toss, badminton clear action, throw for accuracy (run out in cricket), etc.
- Work in pairs, one working the other measuring/ recording score. 4 pairs per garden depending on activity and space available
- Three throws at each activity to achieve highest score or furthest distance, etc.
- Score as an individual, a pair or a team

