



BIATHLON



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Objective

This game allows the children to practise throwing with high-intensity physical activity. The children also practise numbers, as they must run the same number of penalty loops as the targets they miss.

Equipment

Bean bags/stones/snowballs

Buckets or hula hoops

Instructions

1. Create a biathlon track that allows shooting in both a sitting (on knees) and standing position. The track can include obstacles, if desired. Create penalty loops as well.
2. The children run around the track and stop when they reach the 'shooting area'. In the 'shooting area', the children throw five stones/bean bags/snowballs into a bucket or through a hula hoop (which can be laid on the ground or hung up).
3. The number of missed targets determines the number of penalty loops to run. If the child does not make any misses, he/she runs straight to the next shooting.

Tips

- It's good to have shooting areas that challenge the children in different ways. When trying to throw into a bucket, many children will choose to throw underarm, and when trying to throw through a hanging hula hoop, many will choose to throw overarm.

Variation

- It is preferable that the children are involved when creating the biathlon track and adding obstacles.
- For instance, a third shooting could be added where the children shall roll a ball and knock down five cones. The number of cones left standing determines the number of penalty loops to run.
- The game can be organised as a relay with two to three children on each team. One of the children runs one round first and then exchanges with the next child.
- The game can also be played on skis.