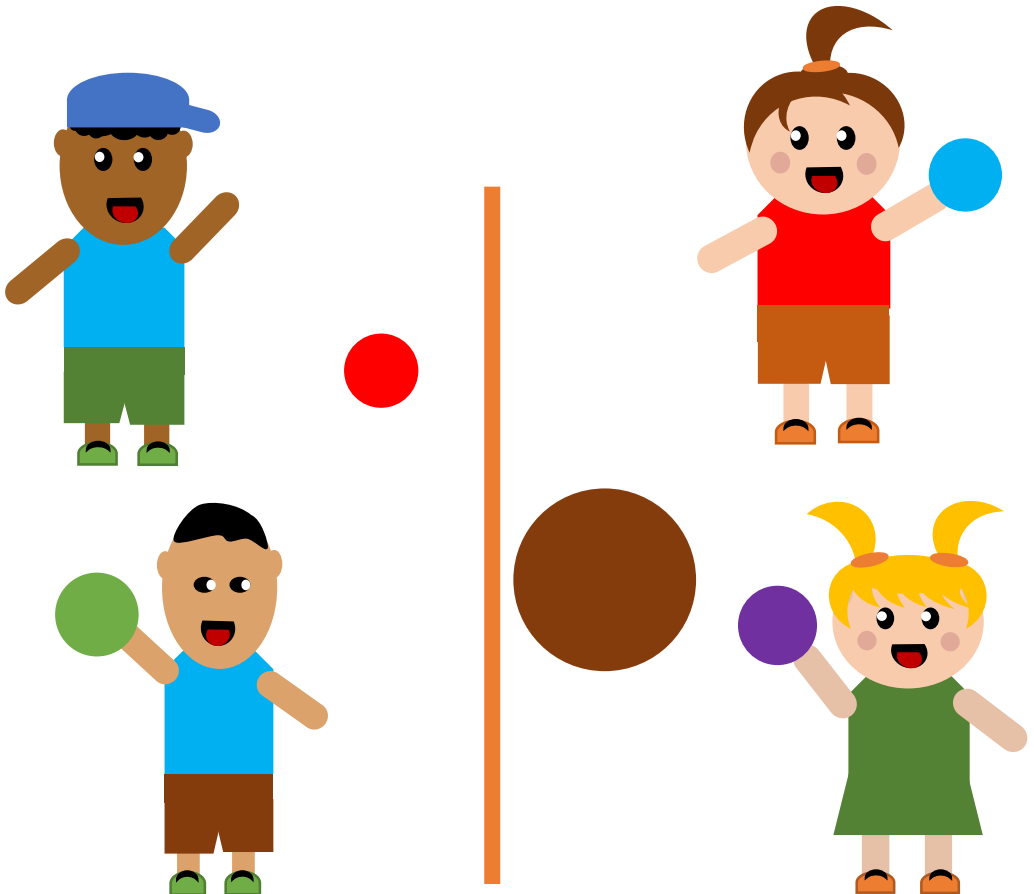


MOTOR CHALLENGING PHYSICAL ACTIVITY



SEA BATTLE



SEA BATTLE

Objective

Sea Battle challenge children's throwing skills, as they must throw the ball in different ways to get it over the line to the other group.

Equipment

Small balls to throw

A slightly larger and heavier ball to hit

Instructions

1. Divide the children into two groups, which shall stand behind a line on their side of the play area. All the children have their own ball.
2. Place a larger and heavier ball in the middle of the play area.
3. Upon the start signal, the children try to hit the ball and get it to roll over the line where the other group is standing.
4. They are allowed to collect balls on their own side of the play area, but they must stand behind the line to throw the ball.
5. The team that gets the ball over the line wins.

Variation

- The children's throwing techniques can be varied; underarm, overarm, with the left hand, right hand, both hands or, e.g. run and throw.