

PRACTICE YOUR THROWING WITH A GAME OF BUILD AND DESTROY

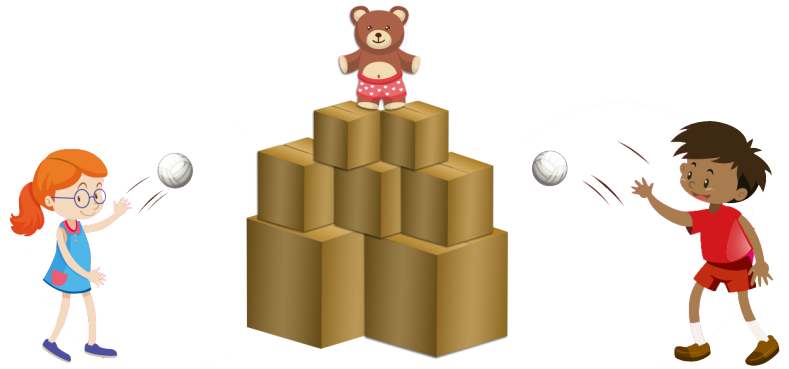
HOW TO PLAY

Build a tower in your house or backyard in a place that is safe to throw.

You can use things like boxes, toys, pillows, and cushions.

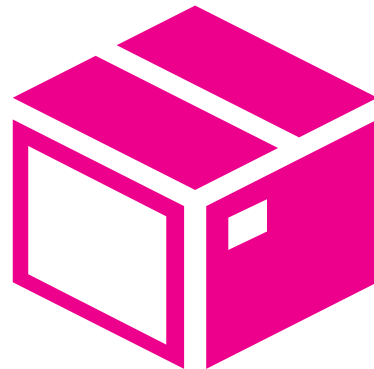
Stand a few metres back and throw balls at the tower, trying to knock it down.

Count the number of throws it takes to knock it down!



HOW MANY THROWS DID IT TAKE TO KNOCK DOWN YOUR TOWER?

Write it on the box



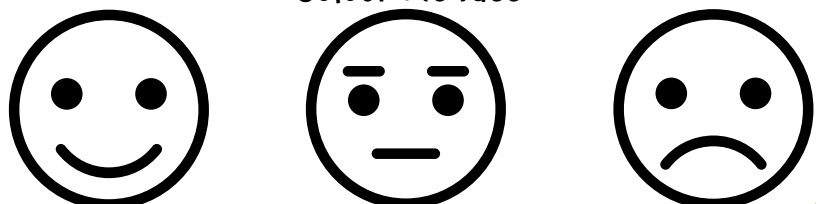
HOW GOOD WERE YOU AT THROWING?

Colour the stars



How did this challenge make you feel?

Colour the face



Ready: Stand side on like a surfer



Aim: Make a muscle arm



Point non-throwing arm at target



Fire: Step with non-throwing side foot and throw