



# WINTER TENS



A 10 minute activity to get everyone moving!

## ON TARGET



**Did you know?**  
Chinese martial arts is also called Kung Fu and you can learn it at Kung Fu School.

**Colour me in!**

10 Mins



# ON TARGET

Martial Arts



## Activity type

Home

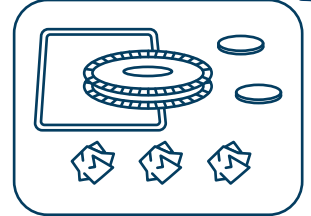
Away

Indoor

Outdoor

## Equipment

Targets of different sizes, such as a piece of paper, plastic plate, table mat, coaster.  
Crumpled balls of paper – 3



## How to play



1

Place targets of different sizes on the floor. Place some close and some farther away.

2

Players stand behind a line and try to throw a paper ball on to their chosen target. It must land exactly on the target and stay there.

3

Each player has three goes then the next player takes a turn.

4

When you hit your target three times in a row, choose a new target to aim for.

5

How many targets can you hit?

## Variations

- Score points. Give each target a different score.
- Make a shape with the targets, like a clock, and hit them in order.
- Roll a small ball instead of throwing paper balls.

## Challenge yourself

- How many times in a row can you hit the target?
- Can you hit a smaller target?
- Can you hit a target that's farther away?

## What next?



**Try something similar**  
archery, boccia, bowls, golf



**Try something different**  
dance, aerobics, cheerleading, hula hooping



Log your activity and find more Winter Ten activities and resources at [getset.co.uk/bound-beijing](http://getset.co.uk/bound-beijing)