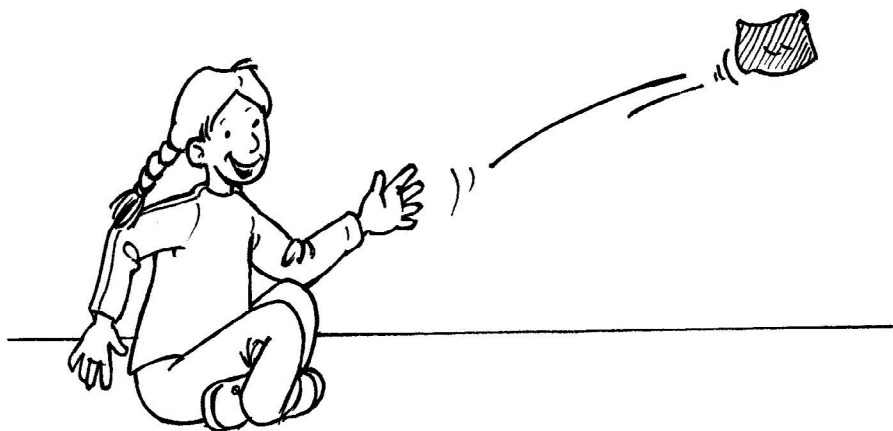


1. Sitting duck 1



Challenge

Participants try to cover a stipulated distance with a minimum number of throws. Each throw must be executed whilst sitting cross-legged. Only when the beanbag has landed, can the pupil move to sit in the new position and throw again.



Tip

Despite throwing from a sitting position, it is still possible to use the upper body to generate extra power and distance.

Development

Players may challenge each other to be the first to clear an agreed distance. The beanbag should not be thrown until an individual is sat firmly on the ground.