



Challenge Card 11

Equipment



Sporting Challenge

See how many times you can throw a tea bag into a mug from a meter away.

Additional Challenge

See how many you can get in your target in 60 seconds. See if you can move further away

Teaching points

- Look at your target.
- Think about how much power you need
- Throw your object in a rainbow shape.

Health Challenge



[Watch the video here](#)

Charity number: 1175899



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Can you spot different nature objects on a walk with a grown up from your household?

