

FICHE 1

GAIN-GROUND



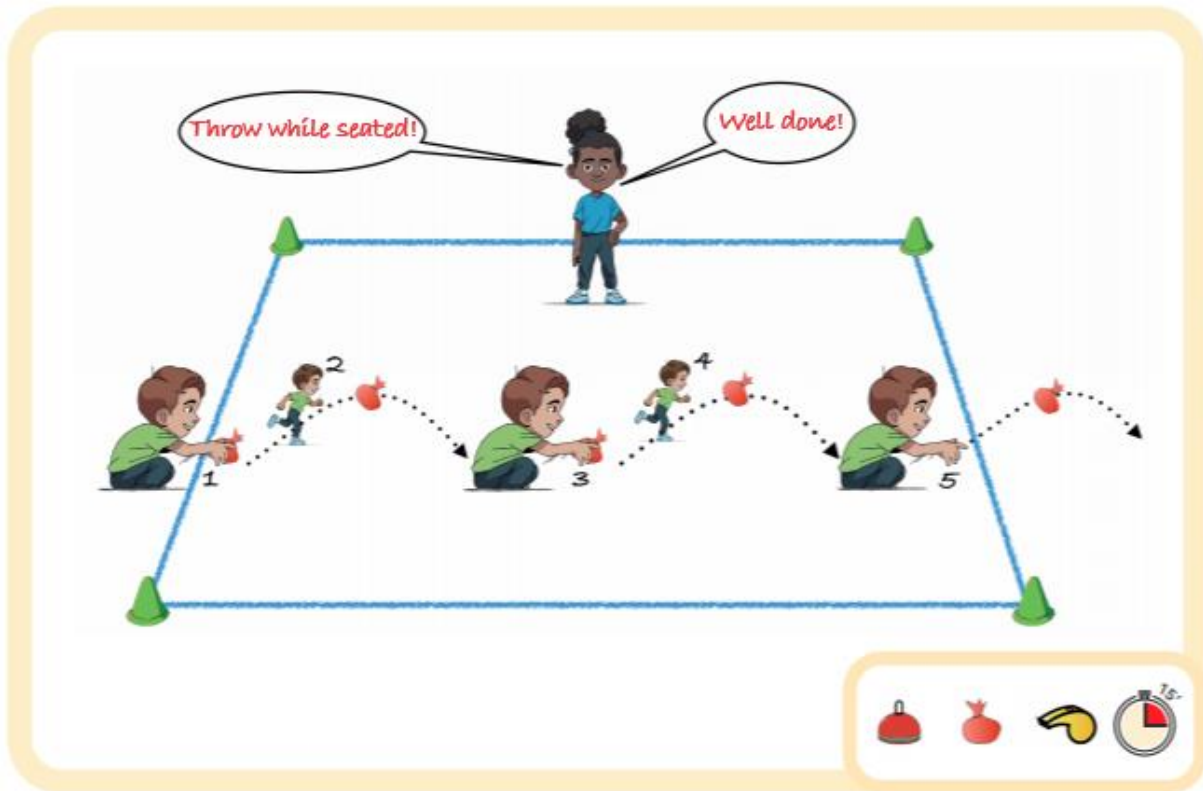
Whistle



Bag of seeds



Space markers



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Instructions:

In pairs, one thrower and one observer. The observer makes sure the thrower is seated and checks where the seed bag falls.

Sit cross-legged, throw the seed bag, go and sit where the bag falls. Then throw the bag again until you reach the end of the playground or the finish line.

Variations:

- Change roles.
- Ask the thrower to stand up.
- Count the number of times you need to throw the bag to cross the playground (25m to 50m). Try to cross it with as few throws as possible.
- Go back and forth one or more times in the playground.
- Throw with precision following a line on the ground as closely as possible (a line or a running lane).
- Throw paper balls.
- Throw paper planes.

FICHE 2

THE THROWING CHALLENGE



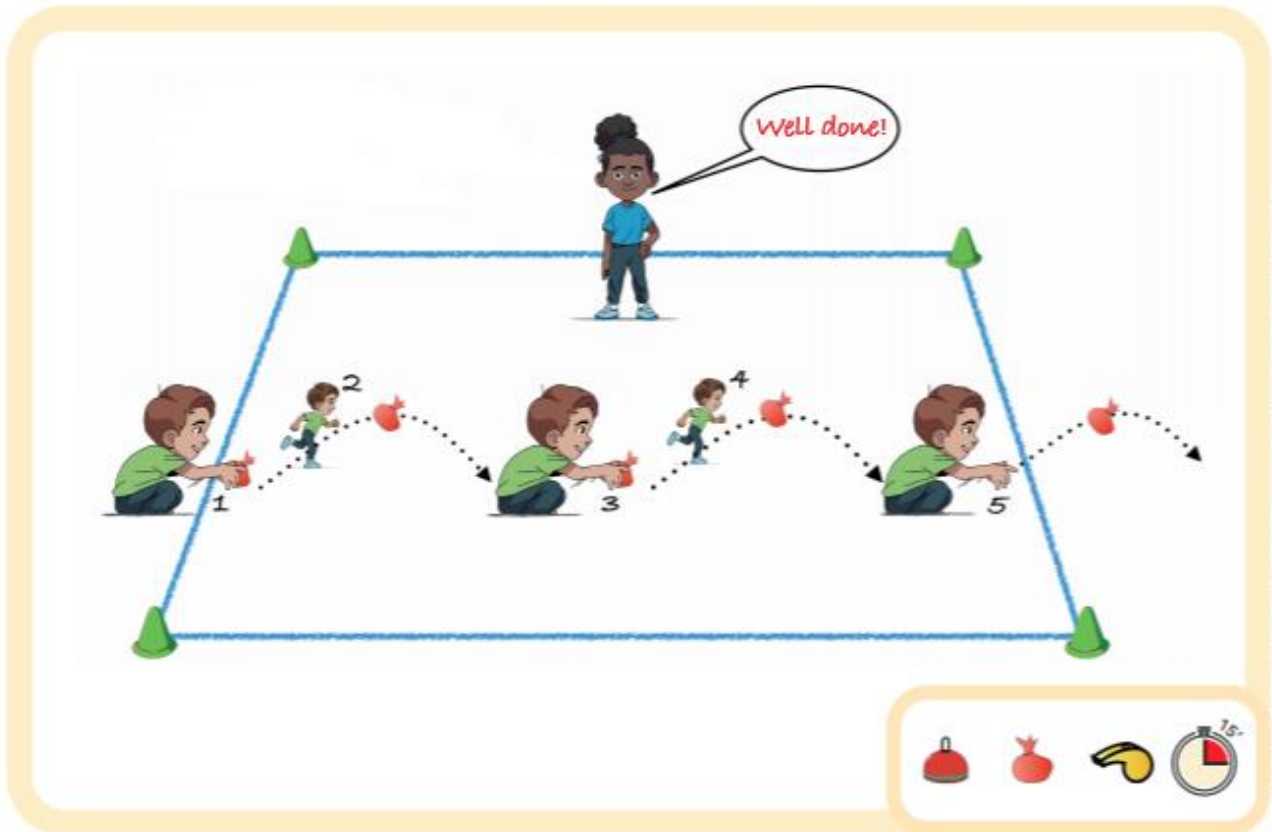
Whistle



Bag of seeds



Stopwatch



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Instructions:

Sit cross-legged, throw the seed bags, go and sit where the bag falls. Then throw the bag again.

In fours, reach the opponent's target before the others.

Variations:

- Change objects (paper balls, paper planes).
- Count the number of throws.
- Increase/reduce the distance.

FICHE 4

WALL TARGET CHALLENGE



Whistle



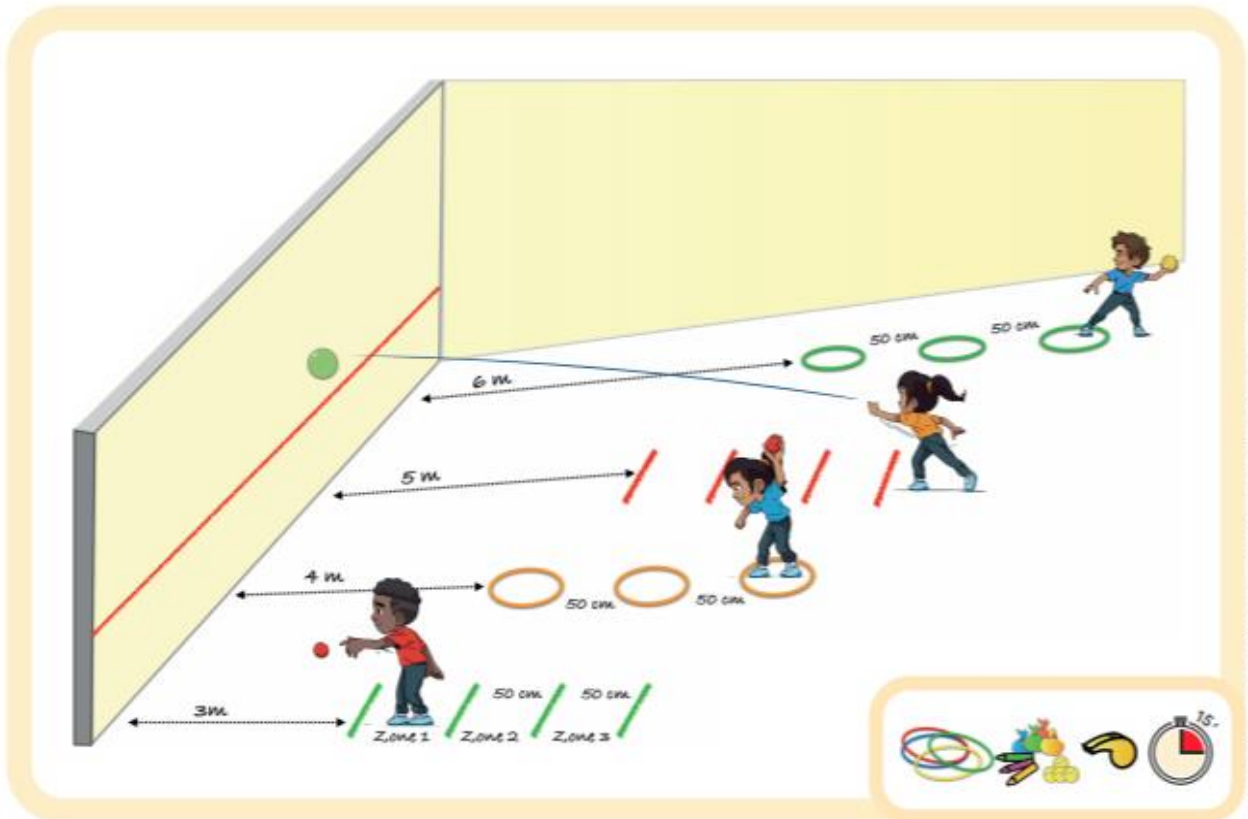
Hoops



Chalks



Balls



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Instructions:

Throw the object from zone 1 so that it reaches the wall.
If you hit the wall twice after three throws, step back one zone.

Variations:

- Change the thrower's position: sitting or standing.
- Draw a forbidden area on the wall.

FICHE 5

TARGET TOSS CHALLENGE



Balls



Target



Bag of seeds



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Instructions:

In pairs, choose a target in the playground (tree, basketball board, bench, wall, a hopscotch number...) and stand at throwing distance (from 3 to 5 steps back for example).

As soon as the target is hit by the two players, choose another target.

Variations:

- Count the number of hit targets.
- Count the number of hit targets in a given time.
- Change objects at each throw.
- All throw using a similar object.
- Four player challenge.

HOOP TARGET GAME



Hoops



Paper balls



Balls



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Instructions:

Throw the object through the hoop held by two classmates.

Throw three objects each.

Variations:

- Place the hoop vertically at hip height.
- Place the hoop vertically with arms raised above the head.
- Place the hoop horizontally.
- Increase the throwing distance.
- Change roles.

CONE TARGET CHALLENGE



Pucks



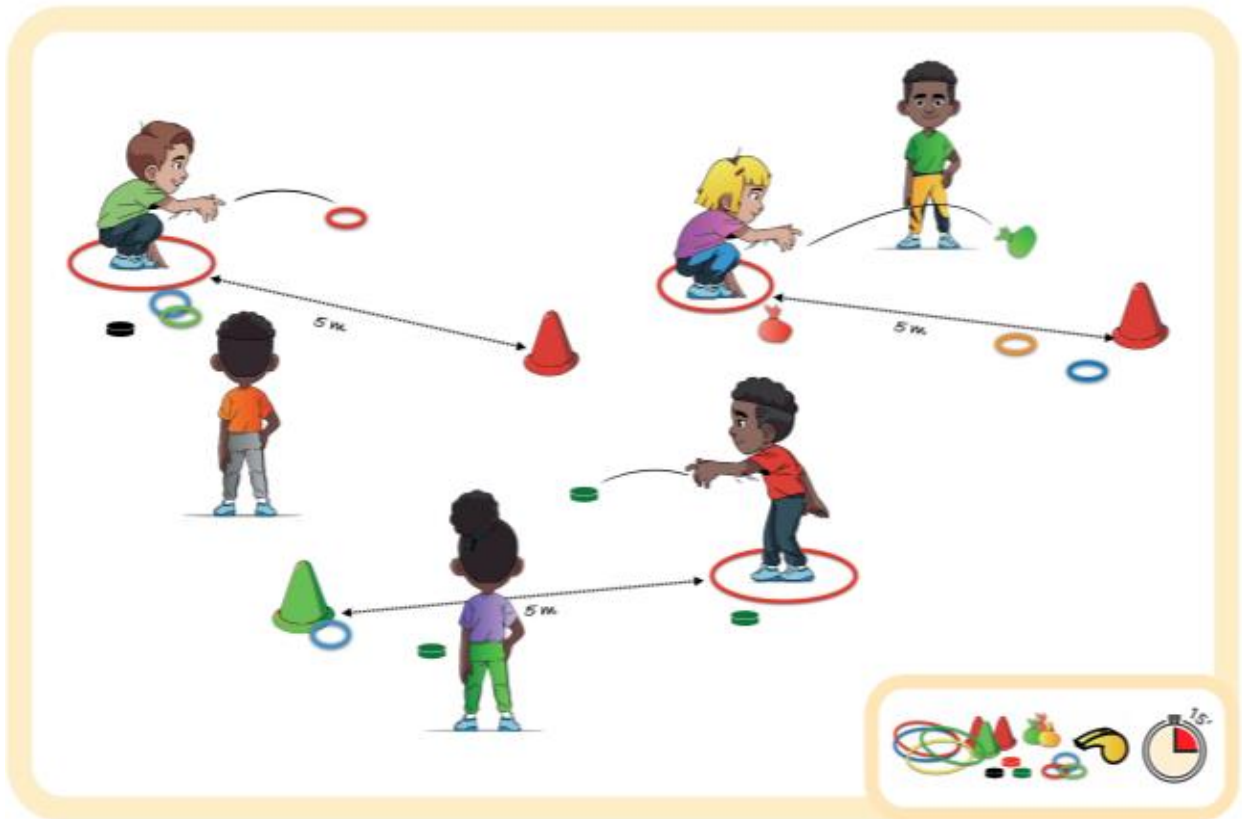
Bag of seeds



Hoops



Cones



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Instructions:

In groups of two or three pupils, take 2 objects each and stand at a distance of 5 meters from the large cone.

Take turns to throw an object as close to the cone as possible.

The player closest to the target wins the game. For each game, the winner puts a scrunchie around his/her wrist.

Variations:

- Provide a similar object for all.
- Increase or reduce the throwing distance.
- Around a large circle, with a cone in the centre, two teams compete against each other.

FICHE 8

THROW ABOVE



Rubalise



Balls



Chalks



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Instructions:

Throw the object over the obstacle three times from an area.

Step back if successful.

Variations:

- Throw the objects with or without a run up.
- Change the objects to be thrown.
- Choose an object to be thrown.



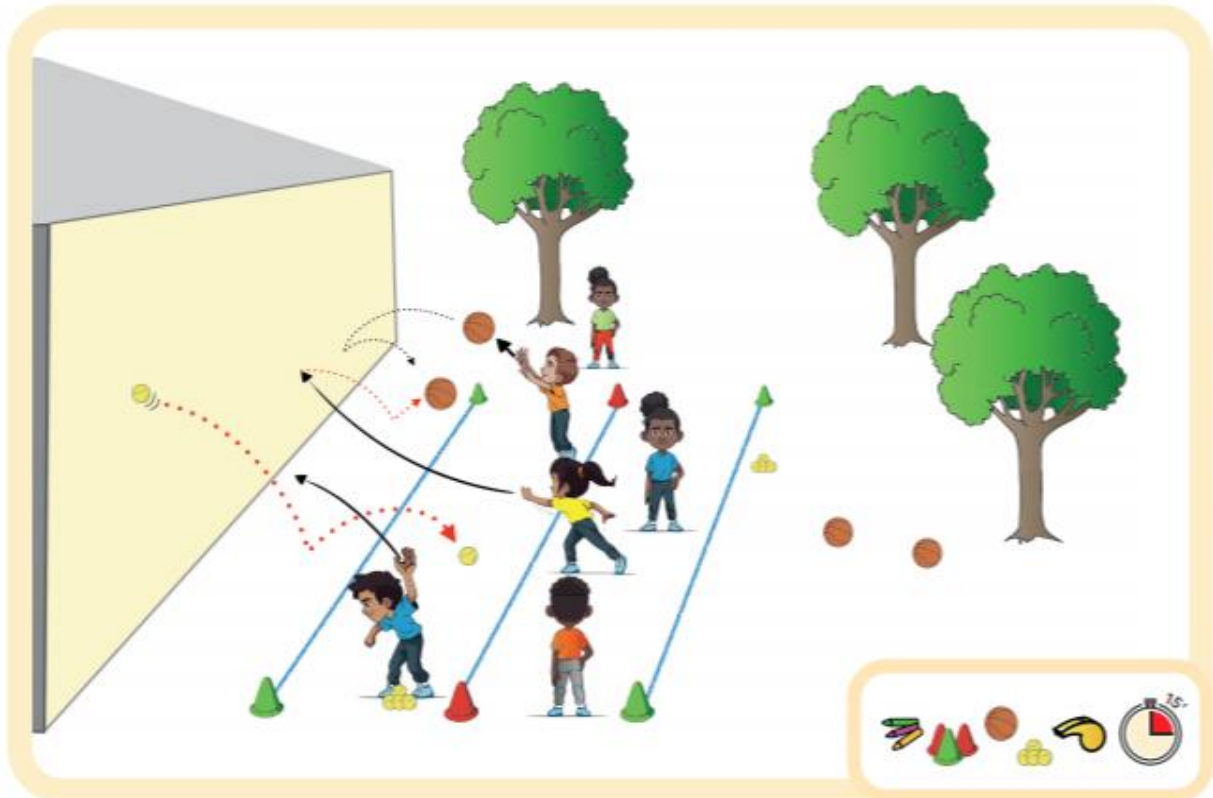
Cones



Balls



Chalks



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Instructions:

Throw the ball against the wall so that it bounces as far as possible.

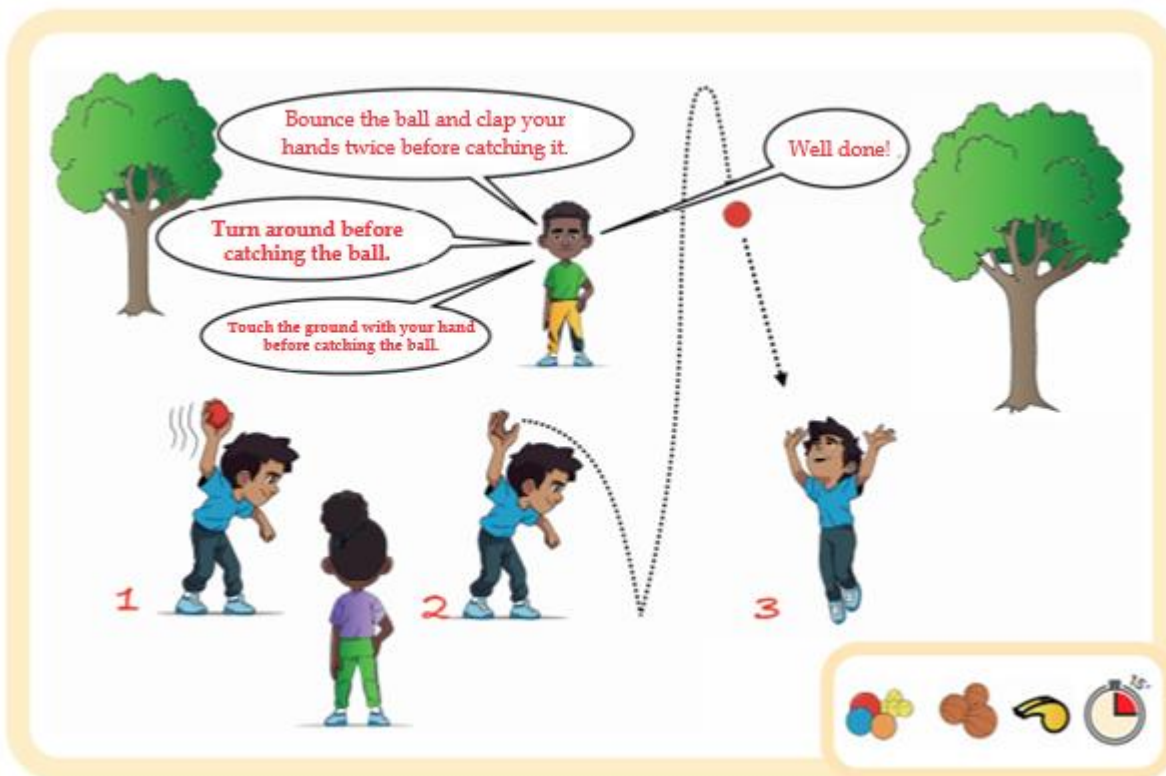
Variations:

- Throw the balls with or without a run up.
- Change the objects to be thrown.
- Choose your own object to be thrown.
- One pupil stands behind the other : the first one throws the ball, the second tries to catch it after it has bounced.
- Hit an area or a target marked on the wall.
- Hit an area or a target marked on the ground.
- Change the width of the target on the wall or on the ground.
- Change the starting position of the thrower : feet together, one foot ahead.
- Change roles.
- Four-player challenge.

BALLBOUND PERFORMER



Balls



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Instructions:

Bounce the ball well enough on the ground to perform an action indicated by the observer.

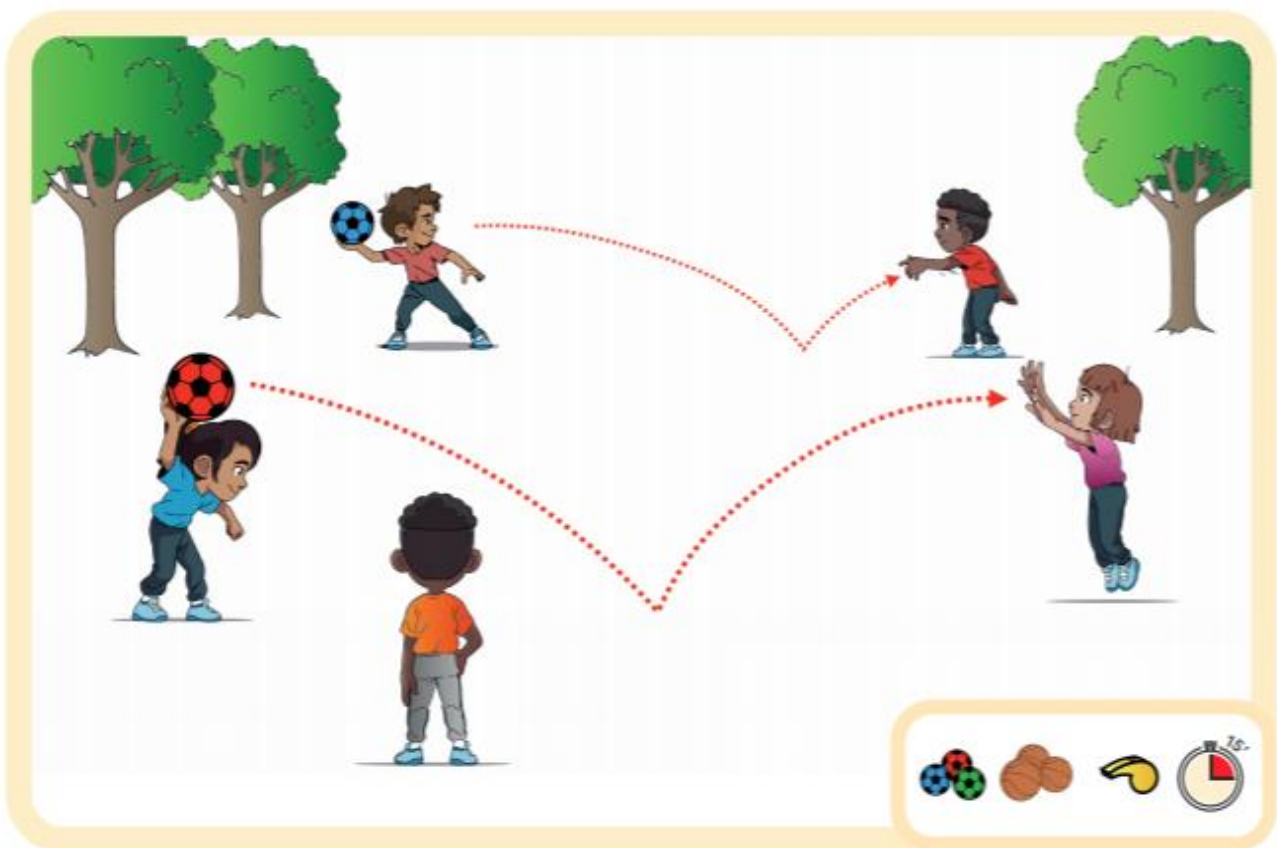
Variations:

- Bounce the ball and clap your hands once, twice or three times before catching it.
- Bounce the ball and catch it before it hits the ground.
- Bounce the ball and turn around before catching it.
- Bounce the ball and touch the ground before catching it.
- Change roles.

THE BOUNCING BALL



Balls



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Instructions :

Facing each other, throw the ball and catch it after one bounce.

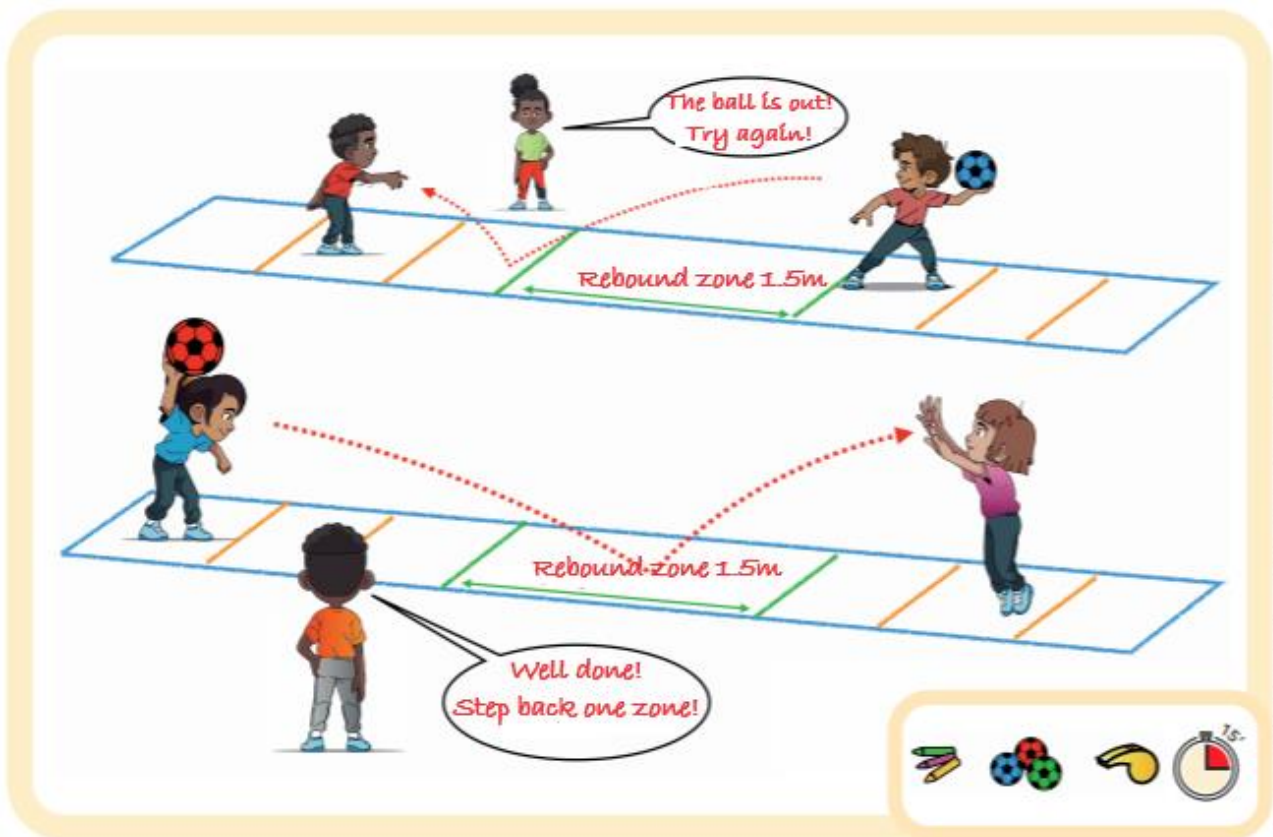
Variations :

- Increase or reduce the distance between two pupils.
- Throw the ball with one hand.
- Throw the ball with two hands.



Chalks

Balls



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Instructions:

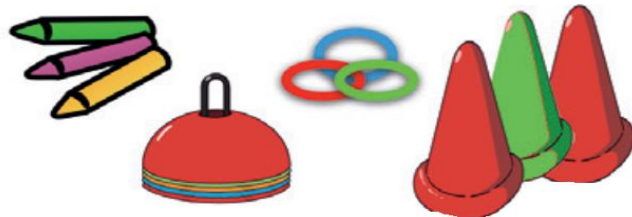
In turn, start from the nearest zone and throw the ball to reach the central zone.

Variations:

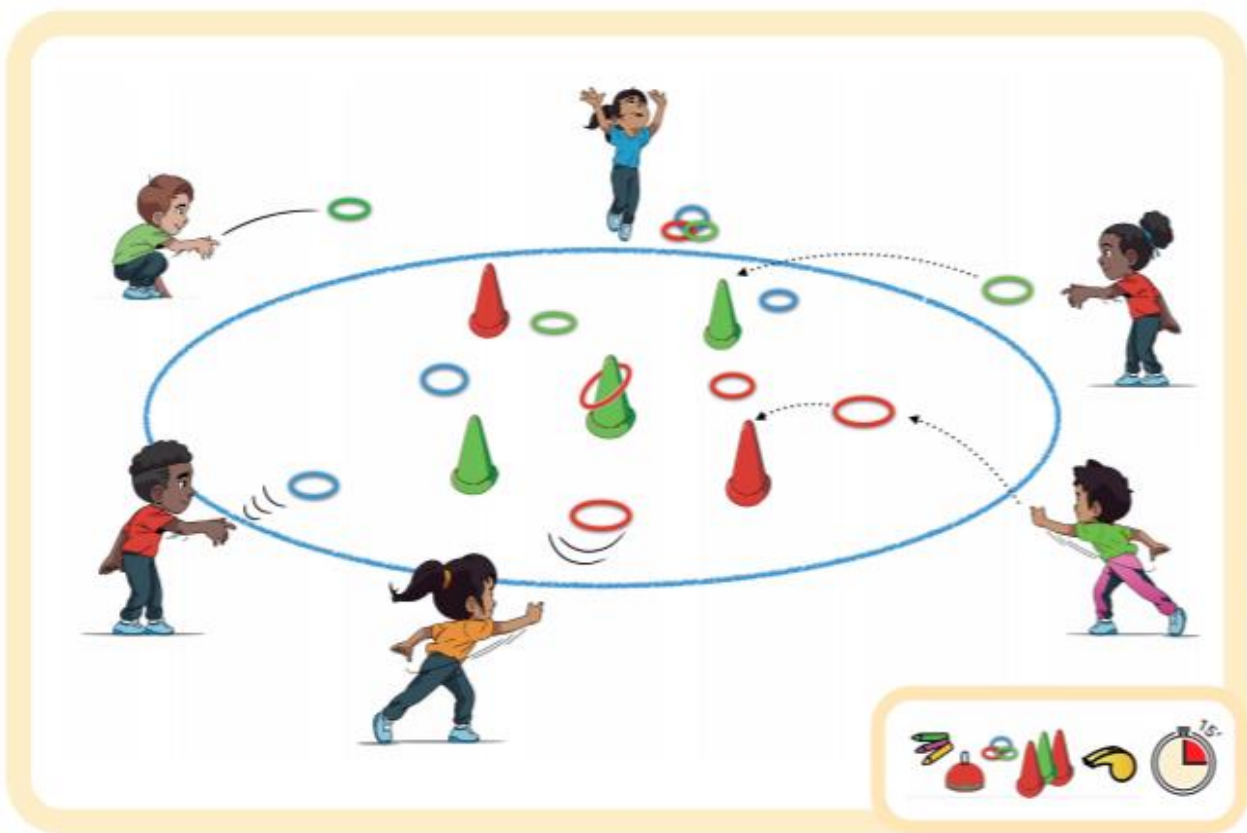
- Move back one zone if the central target is reached.
- Move forward one zone if the target is not reached.
- Carry out the activity in a given time. When the whistle blows, the pupil who is in the furthest zone wins the round.

FICHE 13

TOSSING GAME



Chalks Space markers Hoops Cones



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Instructions:

Two teams of players compete around the circle.
 Throw the hoop around the cone.
 Count the number of hoops around the cone, the team with the most hoops wins the round.

Variations:

- Add cones.
- Increase or reduce the circle size.
- Play in a given time.



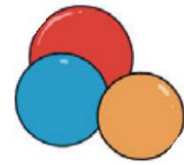
Bottles



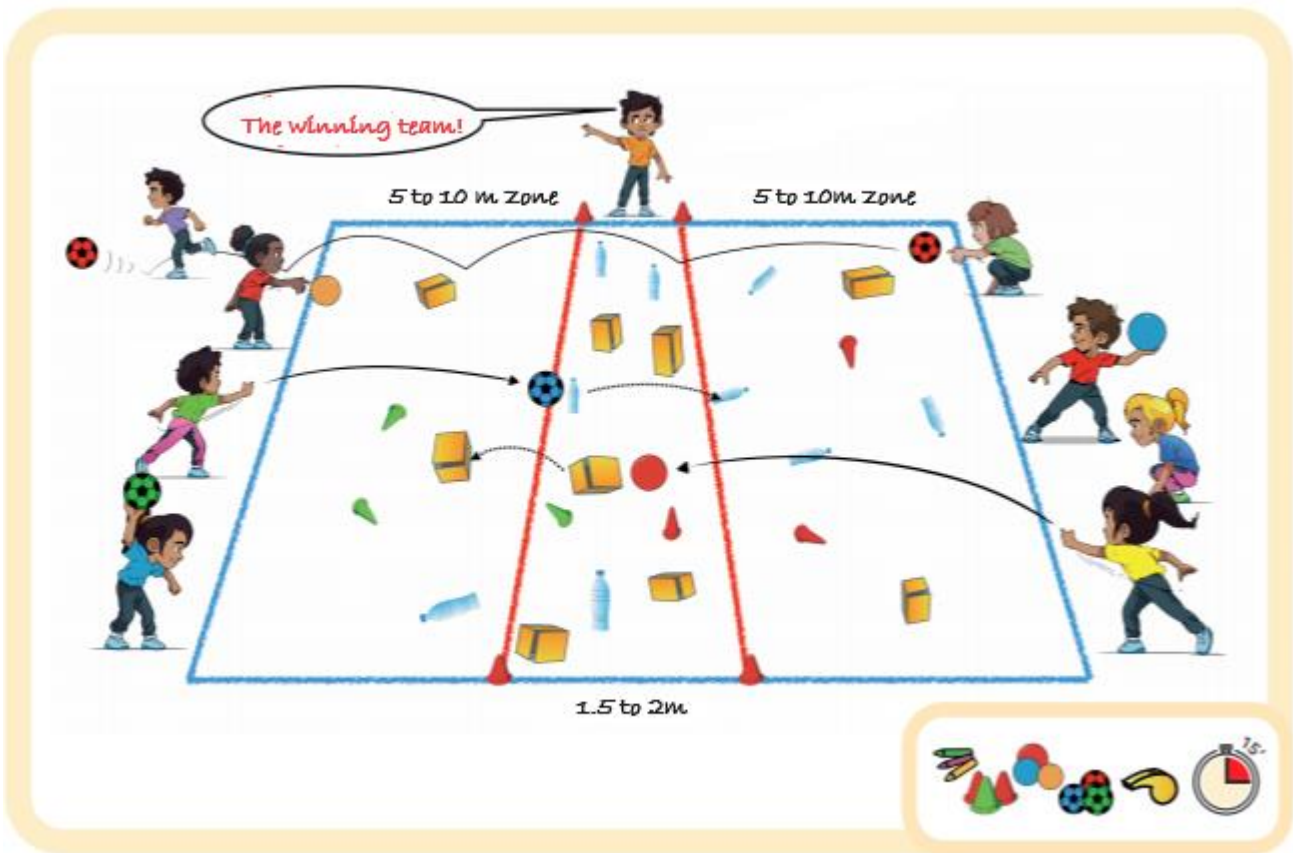
Boxes



Cones



Balls



Instructions:

Two teams of six to seven players face each other and throw balls on the targets in the middle to move them into the opposing team's area. The team that succeeds wins the round.

Variations:

- Increase / reduce the number of targets.
- Increase / reduce the space between the areas.
- Change balls (basketball type)
- Play 3 rounds



CIRCLE STRIKE



Chalks



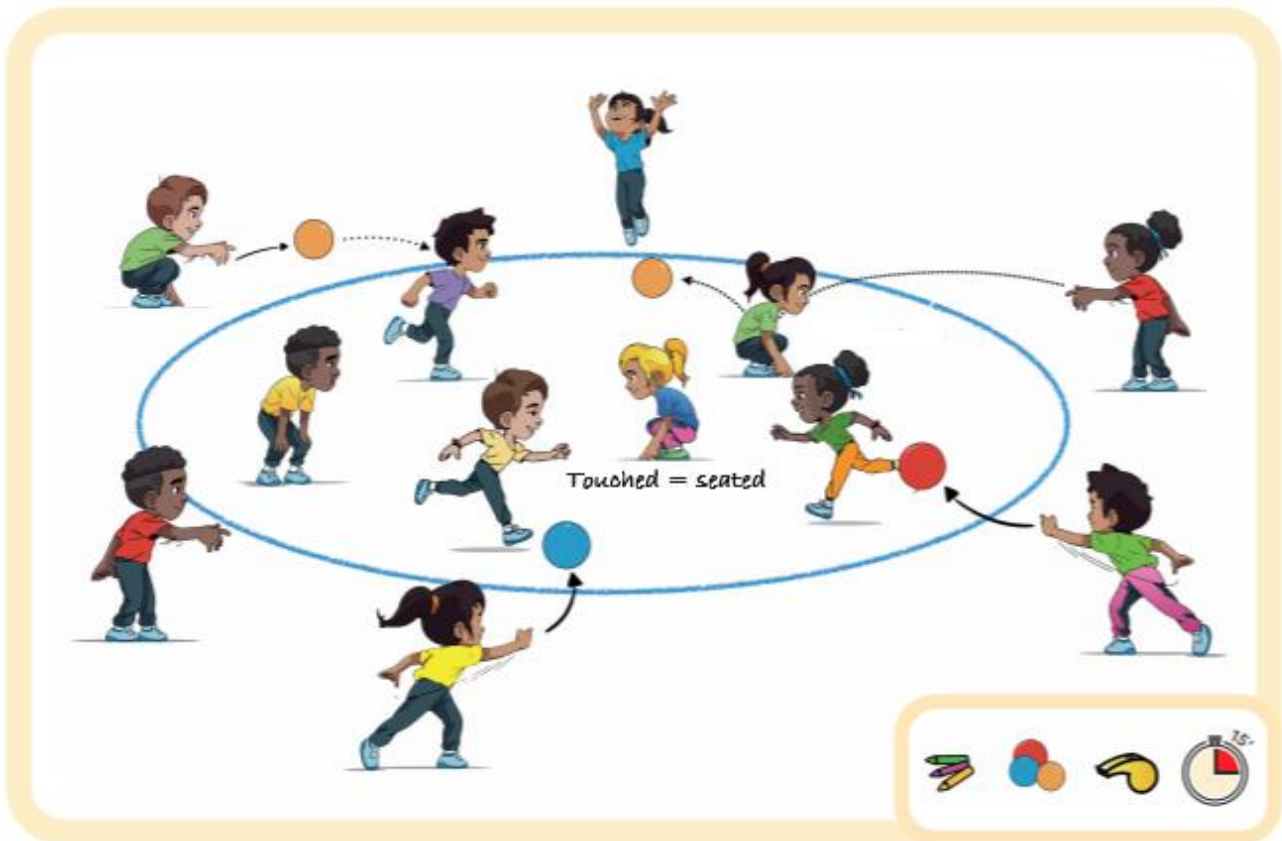
Balls



Whistle



Stopwatch



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Instructions :

Two teams play against each other. The throwers outside the circle try to hit the runners inside the circle with a ball.

Players who are hit by the ball sit down.

Variations:

- Count the number of players hit by the ball.
- Change roles.
- Increase or reduce the circle size.
- Play in a given time.