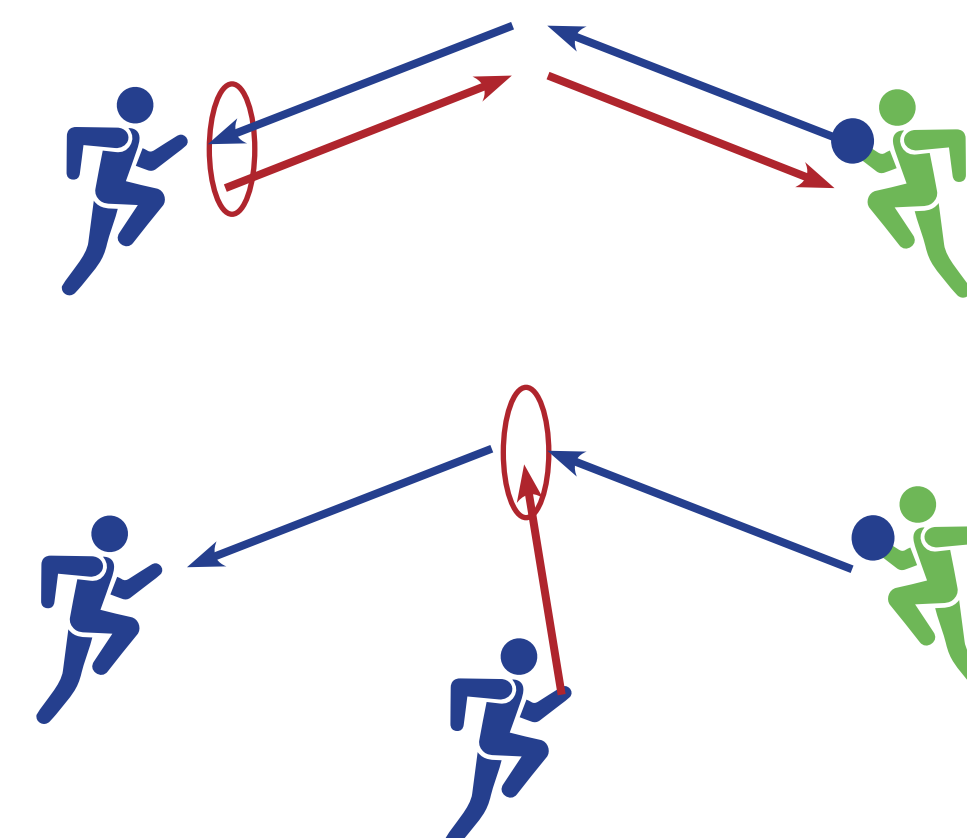


## Target - Moving Target - Early/ First/ Second Level

1. In pairs, one hoop has the hoop and one has the ball.
2. Action is to exchange the hoop and the ball at the same time.
3. The ball must go through the target and both pupils must catch their exchanging object.
4. Increasing distance by making one step back after every successful repetition.



### Cognitive Skills

- > Decision Making
- > Focus & Concentration

### Physical Competencies

- > Coordination & Fluency
- > Gross & Fine Motor Skills
- > Rhythm & Timing

### Personal Qualities

- > Determination & Resilience
- > Communication

### Physical Fitness

- > Speed

## Progressions

**Early Level -** In pairs, hoop and ball exchange (start with big hoop and big ball)

**1st Level -** In pairs, hoop and ball exchange (smaller ball and hoop - moving further away every time success is achieved)

**2nd Level -** In a group of 3 now. One person stands in between the two passers, throws the hoop up into the air, the other two players exchange one ball through the hoop at the correct time.

## Questions

1. How can we do this at the same time?
2. What can we do to help our communication?
3. What happens if we throw objects too low?
4. How can we give your objects more time in the air?

## Equipment

- > Large ball, medium ball, small ball, hoops of all sizes (small and big)