



## Equipment:

- Ball (Preferably a Basketball)
- Tape Measurer
- Cones
- Scorecard
- Pen

**Master Scorecard on reverse**

## Teaching Points:

- Participants lie flat on the mat
- Legs, back and arms must be in contact with the mat
- Propel the body upwards and forwards so the ball is thrown using 2 arms
- Record the distance where the ball lands
- Ensure both hands are behind the head at all times
- 2 hands must keep contact with the ball at all times
- Measure the point of contact with the front of the mat

## Please Note:

- Each pupil has 3 attempts
- The official must state the distances after each attempt
- The pupil must remember and record the best score
- **Teacher/Official** - Time and Record Score

**YEARS**  
**ALL**  
**YEARS**