

Points

Circles





Instructions

- 1) Print out these 2 pages
(Optional: laminate them for repeated use)
- 2) Place them around any "goal". Stagger the point circles around the goal, 1 point circles should be closer to the goal than the 5 point circle.
- 3) Toss, kick, shoot or roll your item towards the goal from the point circle
- 4) If the item makes it into the goal- you get to add the points to your score.

Ideas for goals

Hula Hoop
Bucket (trash can)
Basketball Hoop
Sport Net
Cardboard box (shoe box)
Paperbag
Mixing Bowl
Piece of paper
Basket
Chalk or tape a circle of the ground

Ideas for objects to throw, shoot, toss or roll

Balls (soccer, basketball, volleyball)
Bean bags
Coins
Crumpled paper
Stuffed animals
Pillows
Plastic water or pop bottles (empty)

Ideas for distance of point circles from goals

Count steps 1 pt is 5 steps, 3pts for 10 steps, 5 points for 15 steps
Use a tape measure (5, 10, 15 ft)
Use an object like a jump rope to measure it out
(1 JR length for 1 point, 2 for 3 points, 3 for 5 points)

Suggestions for Play

Use hockey sticks or brooms to move the item.
Throw backwards or stand on one foot.
See how many points you can score in one minute
Do a jumping jack, burpee before each throw.
Use the opposite hand
Get vertical, tape a square on your garage door
Time yourself, how many points can you get in 1 minute?

Most Importantly: Get Creative! Come up with your own ideas!

Bonus points for tagging FlexAbility Fitness in a social media post!

Facebook: @flexabilityfitnessplay

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