

# Hold a moon rock toss



## For leaders

First of all make some 'moon rocks' from balls of aluminium foil (you may want to wrap some different sized balls/beanbags in foil too to make it more difficult!). Once you have your moon rocks try throwing them into a hoop/ 'orbit' on the floor or throwing them at a target. Who can get closest?

**Age 14 - 18**

**Age 3 - 5**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

### This activity counts towards...



- Astronaut Adventures

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££	Indoors/Outdoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input checked="" type="checkbox"/> 3 - 5 |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Gross Motor Skills

### Equipment:

- Balls
- Bean Bags
- Hula Hoop
- Tin Foil