

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

££	Indoors/Outdoors
Day/Night	

- | | |
|---|---|
| <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