

Sports Day

To Bank or Not to Bank

- You need a throwing line and three buckets or circles or towels to aim at.
- The first bucket should be four steps from the throwing line and is worth 1 point, the 2nd bucket should be 7 steps from the throwing line and is worth 5 points, the last bucket is ten steps from the throwing line and is worth 10 points.
- When you get points, you can bank them.
- If you miss you lose all the points that you have not banked.
- To bank, you need to run around the ten-point marker, head back to the throwing line, then you need to place your body flat on the ground (belly down) and then stand up and jump x10.
- After you have banked that money you can continue playing.
- You have a 5-minute time limit.
- Keep a score of how much you have in the bank and post your score on Google Classroom (optional).
- You must bank before the end of the 5-minutes.
- Top Tips
- Practice first and see which target you feel most confident aiming for. How many times can you consistently hit it? How often should you bank?

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