

# RING TOSS

**THROW, CATCH, AIM AND SCORE  
EVERY MOVE ENABLES MORE!**

## HOW TO USE

- **Equipment needed:** Cones, hoops, bean bags, chairs, rope
- **Players needed:** 2-4 players per team (up to 2 teams)
- Use the rope to mark out a start line
- Place chairs just behind the start line for players who are seated. Everyone to start behind the line
- Set out 6 cones at different distances from the start line
- Throw the coloured hoops with the aim of landing on a cone
- Players/ teams take it in turns to toss a hoop
- Cones further away from the start line are worth more points (e.g. 1 point for nearest cone, 6 points for furthest away cone)
- Keep score of individual points. After all hoops have been thrown, add up the total points. The winner is the player/team that has the most points once all the hoops have been tossed

## UP FOR A CHALLENGE?

- Increase the distances between cones.
- Aim for cones further away.
- Try balancing on one leg whilst tossing the hoop.

## SKILLS

- Balance
- Coordination
- Strength

