

Squirrels & Beavers

Soft Tomahawk Throwing



45 Minute session



12 participants + Adults



Supervision ratio as per P.O.R

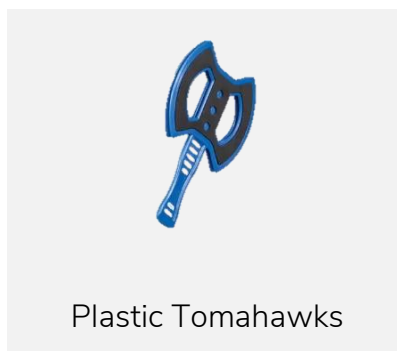


No qualification required

What is this activity?

Soft Tomahawk Throwing is a way of introducing the skills of throwing to younger children. It uses special equipment designed for children and can be run indoors or outdoors without any specialist qualifications or knowledge by adult volunteers.

What equipment do we use?



Plastic Tomahawks



Bristle Targets



10m Ropes & Tent Pegs

How to set up the activity

- Use the rope to mark two lines that are 5m apart (or 5 big steps). One will be your throwing line, the other the waiting line.
- About 3m away, spread the targets out with about a suitable gap between them, make sure there is either a wall, or another 5m of open space behind as an overshoot.

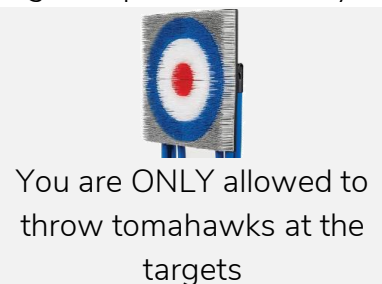


How to run the session

Briefing Give a short briefing to explain the activity and some rules (2 minutes)



If you are not throwing you must be behind the waiting line.



You are **ONLY** allowed to throw tomahawks at the targets



If anyone shouts "stop" you must freeze exactly where you are!

Demonstration Next show the group how it works. (3 minutes) Do this 3 times:

1. First show them how without speaking
2. Next do it again and explain each action
3. Finally ask them to explain to you what to do while you do it



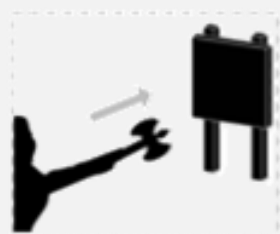
1. Position your feet.

Put your dominant foot on the throwing line with both feet pointing forward.



2. Grip it.

Hold the tomahawk like a hammer with the hand wrapped around the handle.



3. Aim it.

Point the tomahawk where you want it to go – keep looking at that spot!



4. Throw it!

Bend your arm from the elbow then straighten it to throw the tomahawk

Have a go! Let everyone have a go, work in small groups (20 minutes)

- o Get the first participants to come up to the throwing line. Ask another adult to make sure the rest of the group are behind the waiting line.
- o When everyone has their feet correct, place 3 tomahawks next to each participant and tell them to throw at the target! Don't worry if someone throws too early – it's an exciting time! You might be able to give some hints or coaching too.
- o When everyone has thrown all 3, ask them to get the tomahawks back, it doesn't matter which they collect if they get 3! Switch to the next group and repeat until everyone has had a go at throwing, then play some games!

Games Play some games (either individually or in teams) (20 minutes)

Score Game



Split into 2 teams, give each colour a score, and play a full round. Ask each team to add up how much they scored. E.g. Bullseye = 10 points

Fastest Thrower



Line up all the throwers with 1 tomahawk on the floor. When you shout go, they must grab it and throw as quickly as possible,