



## Tennis Ball Throw

**Objective:** To measure how far you can throw a tennis ball.

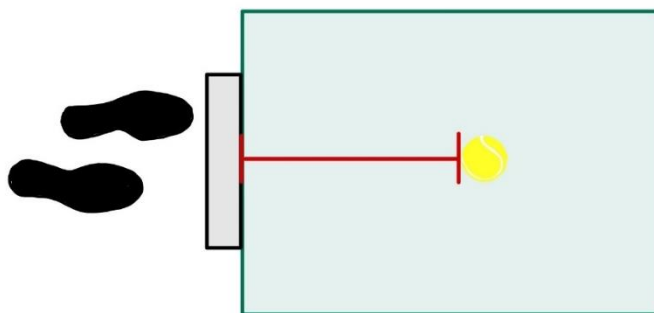
**Equipment:**

- Landing area (*large empty outdoor space i.e. back garden, park, sports field*)
- Foul line (*i.e. sticky tape, chalk, rope*)
- Tennis ball
- 'Marker' (*i.e. cone, lollipop stick, spike*)
- Measuring tape

**Process:** Place the foul line at the edge of the landing area. Athletes' should position themselves behind the foul line and throw the tennis ball into the landing area. Use a 'marker' to mark the point where the ball first touches the ground (*not where the ball stops.*).



Measure a perpendicular (*straight*) line from where the ball first touches the ground to the foul line.



**Rules:**

- Athletes may use any type of throw (*i.e. underarm or overarm*).
- The athlete cannot cross the foul line until the ball has landed.
- The athlete can take three attempts, with the furthest distance submitted as their score.

**Scoring:** Submit one score per athlete in centimetres (*e.g. 180cm*)