

Ball throw

What you'll need

A ball (any size)

Timer

Pencil and paper

Activity

- How many times do you think you could throw your ball up in the air and clap (just one clap each time) before you catch in 30 seconds? Write down your prediction.
- Now, give the activity a try. How close to your prediction were you?
- Try again - can you beat your score?
- Once you've tried the activity, set yourself a new target to try and beat your score.
- Post a video of your best time on Instagram using #JETinspired.

It's important when setting any type of goal that you make it realistic. In order to do this, it is helpful to consider the following:

- **How experienced am I in the task?**
- **Will I be motivated to achieve this goal?**
- **Will I have a time restriction?**
- **How many other tasks do I have to complete at the same time?**
- **Where does this goal fit in order of priority with my other goals?**



Set your goals high and don't stop until you get there—Bo Jackson, professional US baseball player