

BBBAA Virtual Summer Camp

Wild, Wild West Day

Lasso Throw

Supplies Needed:

- Rope

Instructions:

Step 1: Start by getting an adult to tie a lasso loop with a rope

Step 2: Hold hand at the bottom of the knot and rotate your wrist 360 degrees

Step 3: Aim your rope at an object and throw your rope towards it

Step 4: Make sure there is enough slack in the rope to reach your target

