

Lesson 4 of 6

Target Games

EQUIPMENT

balls (variety of sizes, one per student)
 » pins (one per student) » ropes »
 hoops » Target Games Tip sheet

Warm It Up

AEROBIC BOWLING

The activities of the lesson could be organized indoors or outdoors, preferably in the snow! Provide pairs of students with 2 pins and instruct them to choose one ball. Each pair will set up their pins and take turns rolling the ball toward the pins, trying to knock them over as many times as possible in 2 minutes. The student holding the ball is the first to bowl. The other student is positioned behind the pins and will retrieve the ball once thrown. After the throw, the bowler will set up the pins as necessary, and get ready to take on the role of ball retriever. Allow each group to choose the distance from which they would like to bowl the ball, or make it consistent for all groups. Encourage students to bowl with both the right and left hand. An optional scoring guide might be 5 points for a spare (one pin down and one standing), and 10 points for a strike (both pins knocked over). After 2 minutes, stop and ask students to recall some tips and tricks for success when playing target games. Play for 2 more minutes.

ABCD's of Physical Education



RELATED RESOURCES

- Canadian Curling Association, www.curling.ca
- Snow Fun: Favourite Canadian Winter Activities, (LRC# 564163), J. Byl et al., 2003, www.lrc.education.gov.ab.ca



Safety First!

2008 Safety Guidelines pages 23-24.



Activity

Activity

Basic Skills	
Application of Basic Skills	A-11

Clues that students are achieving the outcome...

"Students will demonstrate basic strategies and tactics that coordinate effort with others; e.g., team, in order to achieve a common activity goal in lead-up games"
K-12 Physical Education Program of Studies, Alberta Learning, 2000.

- Students can communicate with teammates and identify risks and benefits of different shots.
- Students can throw a ball in effective positions while curling.



Whoop It Up

CURLING

Identify the boundaries of a curling sheet 5x50 meters, and create a target area or “house” at each end of the sheet. A house can be made using tape, or by using 4 skipping ropes to make an outside circle, 2 skipping ropes to make an inside circle, and hoop for the button. Instruct pairs of students from the warm up activity to join with another group to create a team of 4. Two teams will curl against each other on one sheet.

Begin with two students from each team at each end of the sheet. Every student starts with a ball (size 5 or larger works well). Play a game of rock, paper, scissors to determine which team will be the first to roll their ball towards the opposite house, attempting to have the ball (rock) stop in the circles (rings). After the first throw, a student from the other team, standing at the opposite end of the sheet, will roll their ball towards the opposite house. Continue alternating turns making shots until all students have rolled their ball. Once all students have thrown, students walk to the opposite end of the sheet to determine how many points have been scored, pick up their ball and get ready to begin again (second “end”). Encourage students to determine a scoring system; e.g., one point for each rock in the rings, 4 points for each rock in the hoop, 2 points for each rock in the larger circles, or only the closest rocks to the centre of the hoop (button) score. The two students on a team at each end of the sheet should communicate to discuss game strategy; e.g., where to throw the ball, what kind of spin (if any) to use, when to guard a ball and when to throw in the rings. Balls may be hit and knocked out of the house (called a take out), balls may be rolled so they stop in the rings (called a draw), or balls may be rolled so they stop in front of the rings (called a guard).



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Wrap It Up

FAMILY STRATEGY HOMEWORK

As a large group, discuss effective strategies for throwing and keeping rocks in the rings. Make appropriate references to local curling clubs and facilities, and consider showing video clips of current curling competitions showcasing Canadian teams. For homework, ask students to introduce or create a target game with friends and/or family; e.g., take turns throwing a folded pair of socks at a book, roll a folded pair of socks through the legs of a chair, play bocce in the backyard, and identify the different strategies used to successfully hit the target.