

Lesson 6 of 6

Target Games

EQUIPMENT

variety of equipment, as listed in descriptions of student-created games » descriptions of student-created games » pencils » tape

Warm It Up

GROUP JUGGLE

Provide a written description of the group juggle activity to groups of 8 students and provide time for them to play. Observe groups, taking note of how well they do or do not work together to follow the rules of play.

GROUP JUGGLE: Stand in a circle with arms extended in front of the body to indicate you have not yet received the bean bag. One student starts with a bean bag and throws it underhand to another student standing across from him/her and then lowers hands to sides. Continue passing until all students in the circle have received and thrown the bean bag. The last student to catch the bean bag throws to the student who started the game. Repeat, using the same pattern; e.g., throw to and receive the bean bag from the same student. Each student should say the name of the person to whom they are throwing and make eye contact before throwing the bean bag. Continue to repeat the pattern, adding more bean bags.

ABCD's of Physical Education



RELATED RESOURCES

- Play Sport website, www.playsport.net
- Physical Education Online website, www.education.alberta.ca/physicaleducationonline



Safety First!

2008 Safety Guidelines pages 11-17.



Cooperation

Communication	
Fair Play	C(4-6)-6
Leadership	
Teamwork	

Clues that students are achieving the outcome...

“Students will demonstrate etiquette and fair play” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can read and follow the rules of play in a variety of target games.
- Students can show respect for all students playing the games.



Whoop It Up

STUDENT CREATED TARGET GAME PLAY

Gather as a large group and explain to students they will have an opportunity to play some of the target games created in lesson 5. Draw attention to some of the struggles they may have experienced during the group juggle activity and share examples of how they can be overcome. Identify four areas of play in the activity area, and post the descriptions of two student-created target games in each area. Games that require similar equipment and set up should be posted in the same area. Explain to students they will have 8 minutes to play a game, followed by 2 minutes to write ways to modify or vary the game on the bottom 1/3 of the page. Instruct each group to begin in one activity area, read the description of a game, and try it out! Groups rotate clockwise to the next activity area after 10 minutes and try a new game.

Consider copying and compiling the descriptions of the target games students created into a resource, and sharing the resource with grades 4-6 students in neighboring schools. Also consider further expanding the descriptions of the target games students created to include tactical awareness questions and life skills development, and submitting the descriptions for inclusion on the Play Sport or Physical Education Online websites.



Safety First!

2008 Safety Guidelines pages 19-20.



Wrap It Up

CELEBRATION

Collect and return equipment to the appropriate locations. Provide an opportunity for students to share highlights of the student-created games; e.g., a game they liked, something they learned, a suggested variation for their game they appreciated, examples of teamwork. Celebrate the learning with a standing "O" (stand, make an o-shape with arms above head and say "o").