

Lesson 1 of 6

Target Games

EQUIPMENT

bean bags (one per student) » hoops » tape » basketballs » volleyballs » tennis balls » golf balls » pylons » music » music player » copies of Target Games Tips sheets » pencils

Warm It Up

AEROBIC GOLF

Provide each student with a bean bag as they enter the activity area, and instruct them to form groups of 3-4 with other students whose birthdays are in the same season of the year. Provide each group with one hoop and instruct them to place their hoop on the floor in an open space. The hoop is now the golf hole in which students are trying to throw their bean bag. Students in each group take turns throwing their bean bag underhand from a chosen tee or start line toward the hoop. Each student should count the number of throws it takes to throw the bean bag in the hoop. When the bean bags of all group members are in the hoop, move the hoop to a new location and begin again. Challenge students to throw the bean bag with both right and left hands, to skip, hop, or run when moving to the bean bags, and to choose tee lines that are both near and far from the hoop.

ABCD's of Physical Education



RELATED RESOURCES

- Play Sport website, www.playsport.net



Safety First!

2008 Safety Guidelines pages 11-17.



Activity	
Basic Skills	A4-5
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select, perform and refine ways to receive, retain and send an object with control" *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can throw a bean bag to a target with increased accuracy.
- Students can throw a bean bag with an appropriate amount of force to reach a target.



Whoop It Up

Ask students to describe what happened to the accuracy of their throws the greater the distance from the hoop. Generally, the greater the distance from the target, the less accurate the throw. Explain to students they will have to choose if they want to risk accuracy by throwing and rolling objects with a lot of force, or if they want to use less force and potentially increase their accuracy while participating in the following activities.

TWENTY-ONE: This target game is a modified version of the traditional game of 21 played with a basketball. Place a hoop on the floor around a 40x40 centimeter square taped on the floor, or consider using the lines painted on the floor, a piece of paper, or a mat. Each group of 3-4 students will identify throw lines 2, 4, and 6 meters away from the hoop. Students take turns throwing or sliding the bean bag to the target to score points. One point is awarded for throws that land and stay inside the hoop but not on the square, and 2 points are awarded for throws that land and stay in the square. Multiply the score by the throw line from which the bean bag was thrown; e.g., a bean bag that lands and stays on the square thrown from the 2nd throw line (4-meters away) scores $2 \times 2 = 4$ points. Each student is trying to be the first to score exactly 21 points. Should a student score more than 21 points, their number of points is reduced to 11 and they continue playing.

Review performance cues for throwing underhand; e.g., swing back, take a step, follow through. Encourage students to challenge their abilities by rolling balls instead of tossing bean bags, placing obstacles in front of the targets, or throwing in different ways.

BALL TARGETS: Place 4 pylons in front of throw lines that are 2, 4, and 6 meters away. Balance balls of varying sizes on top of each pylon; e.g., basketball, volleyball, tennis ball, golf ball. Students take turns throwing their bean bag in an attempt to knock a ball off of a pylon. Each student has four throws to collect as many points as possible. Award 1 point for knocking over the basketball, 2 points for the volleyball, 3 points for the tennis ball, and 4 points for the golf ball. Multiply the score by the throw line from which the bean bag was thrown; e.g., tennis ball knocked over by a throw from the closest line scores $3 \times 1 = 3$ points.



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2008 Safety Guidelines pages 19-20.



Activity

Wrap It Up

TIP SHEETS

Ask students to briefly describe examples of the choices they made to throw for accuracy or with force. Provide each student with a Target Games Tip sheet. Invite student to list examples of target games, and record the strategies that worked for them and others while playing target games in class. Collect the tip sheets as student leave the activity area.