

### Lesson 2 of 6

# Target Games

#### EQUIPMENT

bean bags » balls » rubber chickens  
» pins » milk jugs » felt pens » Target  
Games Tip sheets » pencils

## Warm It Up

### BEAN BAG BOCCE

Instruct students to find a partner and to each choose two objects to throw during a game of bocce; e.g., bean bags, wiffle balls. Provide each pair with a bean bag, which will be the palino, or target for their game. Partner A starts by throwing the palino into an open space no more than 10 meters away. Partner A then throws one object, trying to get it as close to the palino as possible. Partner B takes a turn throwing an object toward the palino. The partner who has the object the furthest away from the palino continues to throw their second object, followed by their partner. Students may knock the palino and other objects when they throw. All throws must be underhand. The student with the object closest to the palino scores a point and throws the palino to begin a new game. Challenge students to throw with both right and left hands, and to repeat cue words for an underhand throw.

#### ABCD's of Physical Education



#### RELATED RESOURCES

- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, [www.education.alberta.ca/teachers/resources/dpa.aspx](http://www.education.alberta.ca/teachers/resources/dpa.aspx)



#### Safety First!

2008 Safety Guidelines pages 11-17.



Do it Daily...For Life!

#### Do it Daily...For Life!

Effort	D5-1
Safety	
Goal Setting/ Personal Challenge	
Active Living in Community	

#### Clues that students are achieving the outcome...

“Students will participate regularly in physical activity to develop components of health-related fitness and movement skills” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can participate in all learning activities with effort.
- Students can develop their ability to send objects with increased aim and accuracy.



## Whoop It Up

### BEAT THE GUARD

Ask students to describe ways to ensure their throws are accurate and on target.

Suggestions might include keeping eyes on the target, follow through with hand in the direction of the target, and throw with an appropriate amount of force. Explain to students they will have another opportunity to play bocce, but this time each student will have four objects to throw. When playing, students should consider what they can do to protect the object closest to the palino; e.g., set up guards to protect the object. Circulate while students are playing and ask questions to help students understand the risks and benefits of different strategies.

**PIN PRACTICE:** Instruct each pair to create a circle by setting six bowling pins, milk cartons, or felt pens on the floor. Challenge students to develop their ability to throw around guards, or use guards to their advantage. Students could choose to practice throwing an object to the centre of the circle without knocking over any pins, throwing a ball with spin to allow it to curve around the pins, and throwing an object at a ball placed in the centre of circle, knocking the ball out of the circle without knocking over any pins.

Instruct one student from each pair to return the pins to a designated corner, while the other partner finds a student with whom the pair will join to make a group of 4. Each pair now works as a team to apply the skills and strategies they have developed in a game of bocce against the other pair.



### Safety First!

See Safety Guidelines pages 19-20.



## Wrap It Up

### CENTIPEDE

Invite each group of 4 students to stand in a line facing the wall at one end of the activity area. The first student in each line begins holding an object; e.g., bean bag. On the signal to begin, students will alternate passing an object overhead, between the knees, and from side to side to the student standing behind them. Once a student has passed the object, they move to the end of the line to receive the object again. Continue until the group reaches a designated end line. When finished, students find their Target Games Tip sheet and add to their list of tips and strategies for success when playing target games.