



playing for all

Activity Station: **Hit the Target**

This station includes:

WARM UP GAMES

Making Groups: Game 2: Two Halves

TARGET GAMES

Pizza Toppings

Boccia

Making Groups

SPORTAUS



GAME SUMMARY:

These games can be used to split players into 2 or more groups.



GAME 1: CLUMPS

Mark out a playing area with clear boundaries.

Coach Instructions: "Jog around the playing area. When I call out a number, you need to get into a group with that number of players."

Call out several different numbers and finish with the group size you want.

GAME 2: TWO HALVES

Mark out 2 squares of different colours, e.g. a red square and a blue square.

Any appropriate habit or characteristic can be used which will split the players into 2 groups. E.g.,

Coach Instructions: "If you prefer to hop on your right foot, go and stand in the red square. If you prefer to hop on your left foot, stand in the blue square."

OTHER EXAMPLES COULD BE:

- "Write with L or R hand?"
- "Prefer swimming or running?"
- "Wink with L or R eye?"
- "Step forward with L or R foot?"
- "Prefer beach or pool?"
- "Cross arms with L or R arm on top?"
- "Like dogs or cats better?"
- "Prefer bananas or apples?"

GAME 3: SPLITTING PAIRS

Players need to be in pairs already.

Coach Instructions: "I'm going to call out an action. You need to try to perform the action faster than your partner."

Choose an action to perform that is appropriate for all ability levels. The first player in each pair to perform the action makes up group 1, the second player makes up group 2.

SOME EXAMPLES OF ACTIONS CAN BE:

- "Hop on 1 leg and touch your nose."
- "Sit down and lift both feet off the floor."
- "Balance on 1 foot like a stork."

GAME 4: BACK 2 BACK, FACE 2 FACE

Coach Instructions: "When I say 'back to back' you need to stand with your back against someone else. When I say 'face to face' you need to find someone different and stand facing them."

Continue playing for a few turns. At the end, get 1 player from each pair to join group 1, and the other player to join group 2.

COACH INSTRUCTIONS

BRANCH OUT! Tips to modify Making Groups

Rules:

- > Make groups of similar ability by moving players between groups.
- > If you need to make more than 2 teams you can play the game again, e.g. play with 2 groups and split them to make 4.
- > Players perform different locomotor movements when moving around e.g. skipping, hopping.

Equipment:

- > Use markers to show where teams stand and use colours as team names, e.g. green team and yellow team instead of team 1 and team 2.
- > **Clumps:** The more field markers used, the better to clearly outline playing boundaries.

Teaching Style:

- > Coach or staff helpers can join in the games to help participants and be a positive role model.

Environment:

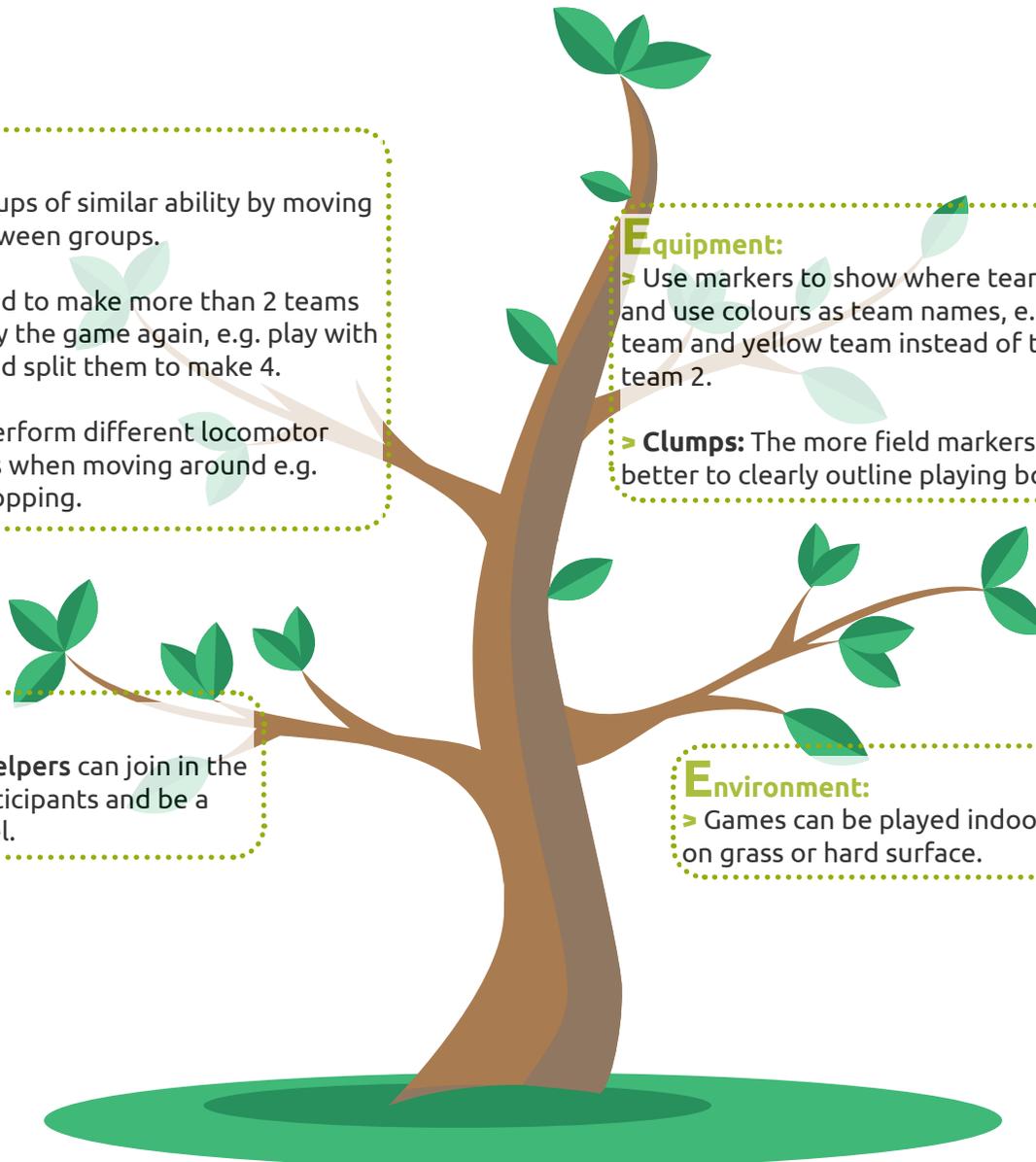
- > Games can be played indoors or outdoors, on grass or hard surface.

ALTERNATE SPORTS & SKILLS

These games can be used as a warm up for any sport.

SAFETY!

- > Ensure playing area is free from hazards and obstructions. If indoors, make sure boundaries are well clear of walls.
- > Players need to be aware of those around them to avoid collisions.
- > If relevant, start with easy movements / balances and build up to more challenging skills.



Pizza Toppings

SKILL FOCUS

Throwing | Accuracy



GAME SUMMARY:

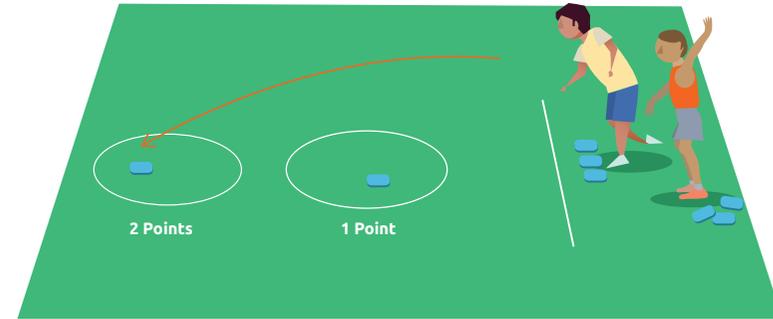
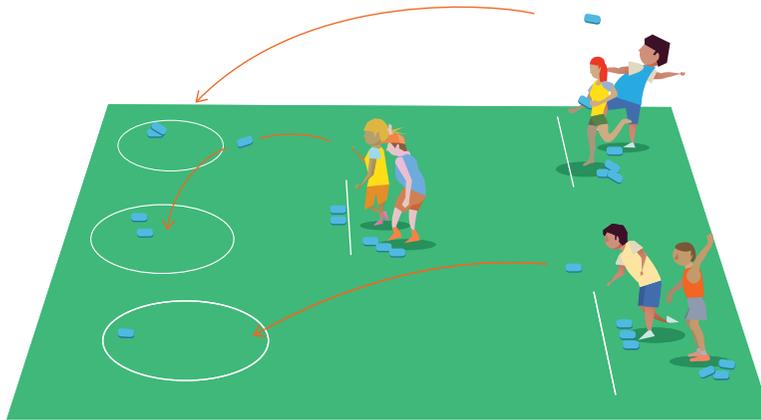
Players score points for landing objects or “top-pings” on a target or “pizza”.

Equipment needed:

- > Targets (equipment such as bases, hoops, gym mats or towels can be used)
- > Markers
- > Bean bags x 4 per player (or any objects that will not bounce)

Game setup:

Players stand behind a throwing line. Place targets at an appropriate distance from throwing line according to ability level. Players and teams can share a target. Give each player 4 objects to throw.



COACH INSTRUCTIONS

STAGE 1

Play individually.

“Throw your ‘toppings’ one at a time at the ‘pizza base’. You get 1 point for each time you land a topping on the pizza.”

Repeat and see if players can beat their score.

STAGE 2

Play in pairs. Set up 2 targets with the closest target worth 1 point and furthest target worth 2 points.

“Take it in turns to throw a topping at the pizza base. Your aim is to score 10 points between you and your partner.”

ASK: *“How will you decide which pizza base to aim for when it is your turn?”*

Rotate partners after each round.

FOUNDATION:
Skill Development



COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Pizza Toppings

Rules:

- > Vary scoring - add extra targets with higher points for further distance.
- > Change the number of players on a team.
- > Players can have more or less objects to throw each turn.
- > Vary challenge – teams can aim for a set score or aim for the highest score in a set time.
- > Vary the type of throw, e.g. 1 or 2 hands, underarm or overarm.

Equipment:

- > Vary the size of the target, make it easier by using a large item such as a gym mat or towel, make it harder by using a small item such as a base or coloured dot.
- > Vary the type of object (e.g. bean bags, coins, buttons).

Environment:

- > Game can be played indoors or outdoors, on grass or hard surface.
- > Vary throwing distance, make it easier by moving target closer, make it harder by moving target further away.

Teaching Style:

- > Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.
- > Use **role models** to highlight good throwing technique.
- > Use **one on one coaching** to assist with skill development.

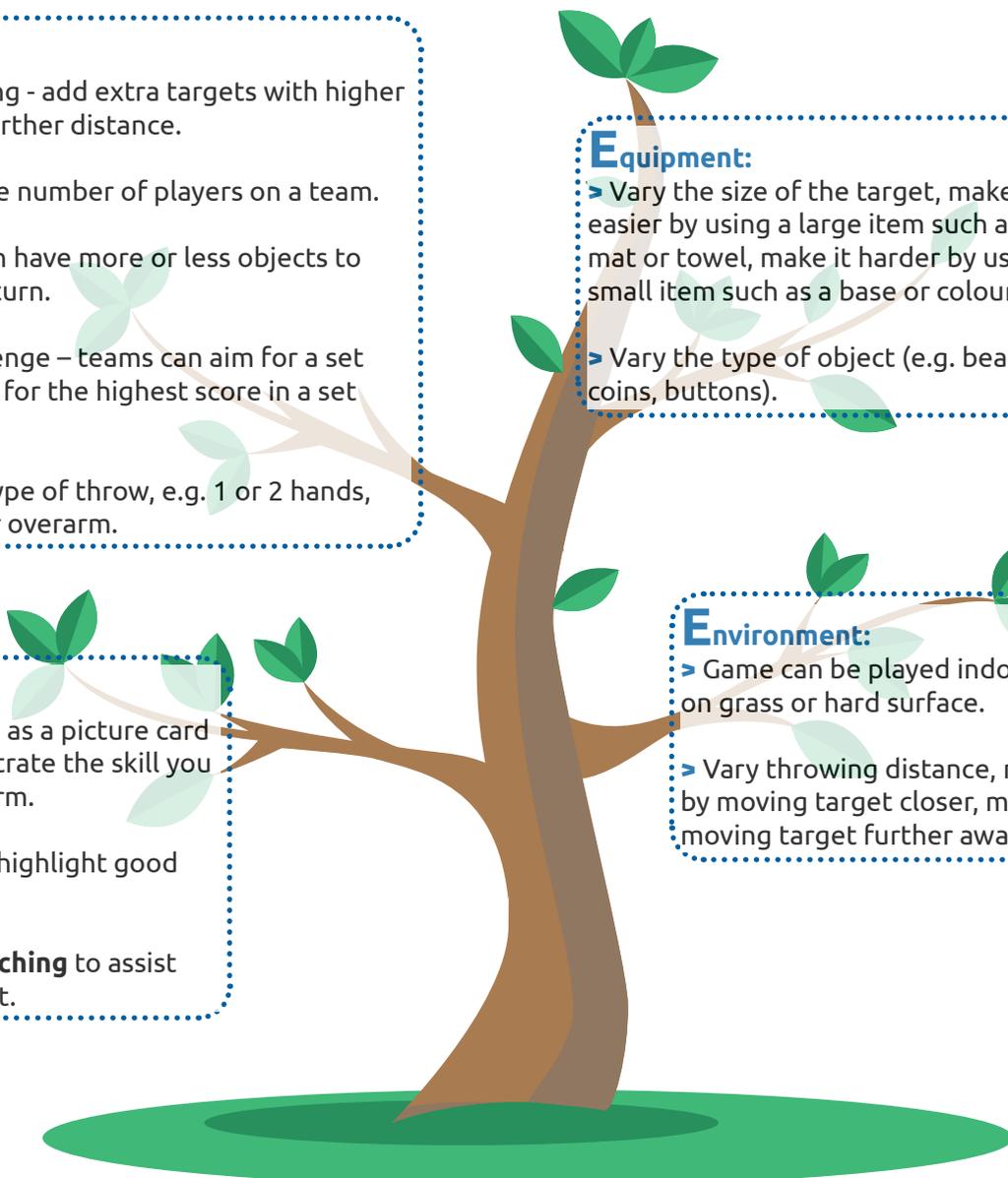
ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills required for sports such as bocce. Objects can be swapped for balls and players can bowl them at the target.



SAFETY!

- > Ensure a safe distance between players / groups.
- > Players need to wait until all objects have been thrown before they enter the playing area.



Boccia

SKILL FOCUS

Throwing | Bowling | Accuracy



GAME SUMMARY:

In teams, players try to land as many of their balls as close to a target as possible.

Equipment needed:

- > Coloured dots
- > Balls - 2 different colours per team
- > Ball or object for the 'jack'

Game setup:

Mark out a square playing space. Play with 2 teams of 3 or 4 and coordinate the colours for each team e.g. green team and red team. Place coloured dots in a row, alternating colours e.g. green, red, green, red etc. Players stand on a dot matching the colour of their team. Give each player 2 balls of their team's colour. Choose one player to throw the 'jack' into the field to get the game started. Teams take it in turns to throw a ball and make it land as close as possible to the jack.



COACH INSTRUCTIONS

STAGE 1

Play individually. Get players to stand on a dot and give them one ball. Ideally each player will have a different coloured ball. The coach places the jack in the field.

TO PLAYER: "Throw your ball and make it land as close to the jack as you can."

Players take it in turn to throw their ball.

Scoring (optional): The player who lands their ball closest to the jack scores 1 point.

STAGE 2

Play team vs team e.g. green team vs red team

TO PLAYER: "Throw your ball and make it land as close to the jack as you can. If your team's ball is closest to the jack, I will give you 1 point for every ball that is closer to the jack than the other team's closest ball."

Players take it in turns to throw their ball. Ensure the teams alternate throws e.g. green team player throws followed by red team player and so on. Alternate the team who throws the jack.

ASK: "How can you control how far you throw/roll the ball?"
"How can you make it difficult for the other team to land their balls closer to the jack than your team?"

FOUNDATION:

Skill Development



COMPLEX:

Strategies & Tactics

BRANCH OUT! Tips to modify Boccia

Rules:

- > Vary scoring e.g. only award 1 point for the closest ball to the jack.
- > Award extra points for hitting the jack or alternatively give a penalty for hitting the jack.
- > Players can throw or roll the ball or use an assistance device such as a ramp.

Equipment:

- > Vary the size and type of balls. Use balls with different textures and weight.
- > Use different equipment for the jack e.g. bean bag, frisbee, coin.

Teaching Style:

- > Use **staff helpers** to assist individuals and teams
- > Use **visual aids** such as picture cards of the skills you want players to perform.
- > Use **questioning** to encourage players to think about their own strategies and technique.

Environment:

- > Replicate the game in an adjacent area to ensure all participants are engaged.
- > Increase or decrease the size of the playing area.
- > Play indoors or outdoors. Ideally use a surface that will not allow balls to roll away.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for bocce or ten pin bowling.



SAFETY!

- > Ensure the equipment used is suitable for the ability level of the players.
- > Ensure a safe distance between groups.
- > Ensure balls are only thrown into the designated playing area.
- > Play must stop before a player can retrieve a ball from another group's playing space.