



TARGET GAMES

THROW, HIT, KICK

Teacher Guidance

The Challenges

Challenge One- **Boccia Run (Throw)**


Challenge Two- **Cone Croquet (Hit)**


Challenge Three- **Space Invaders (Kick)**

Equipment (based on Class of 30 working in pairs)


15 x Medium Sized footballs – if not, any other medium sized ball 

60 x markers – if not, cones, floor lines or spots. 

30 floor spots- if not, cones or markers 


15 x hula hoops- if not, cones or chalk 

15 Bean bags- if not, low bounce balls 

15 small balls- tennis ball or airball 

15 hockey sticks- if not, cricket bat or tennis racket 

3 large cones- if not, markers or other targets 

Timer- stopwatch; watch or phone 

Implementation

Either show the **videos** to your pupils or demonstrate each challenge to them. Allow pupils to practise, before asking them or their partner, to count their scores.

Score Collation

Collect the **best** score of each pupil on the paper **scoresheet** provided or input directly onto the **excel spreadsheet**. Scores taken on the paper scoresheet will need to be transferred to the excel spreadsheet. This excel spreadsheet is kept by the school. and not submitted. Inclusion of pupils' names is optional but can be useful for you to review school rewards and personal best achievement. The excel spreadsheet will collate the scores and provide you with an **average score** for each class in the yellow section. The excel spreadsheet allows six classes to be completed with a class sizes of up to 35. Additional spreadsheets can be used if required. The **excel spreadsheet can be found here** and the **paper scoresheet here**.

On Line Scoresheet

The **average scores** from the excel spreadsheet should be submitted online. The deadline for submission is **4 December 2020**. Please **click here to submit your average scores**.

Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating"

- Sophocles





TARGET GAMES

THROW, HIT, KICK

CHALLENGE 1 - BOCCIA RUN

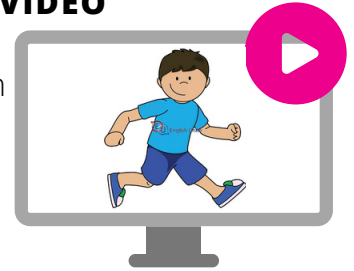
SET UP

Place the 2 floor spots 5 paces apart. Then place your hoop over one of the spots at one end and the bean bag at the other.







CHALLENGE VIDEO

Watch Nathan demonstrate the challenge



EQUIPMENT

- **15 x medium sized hoops** – if not, marker cones, chalk, tape 
- **15 x bean bags**- if not, Koosh balls or low bounce balls 
- **30 x floor spots** – if not, cones, floor lines or markers. 
- **Timer**- stopwatch; watch or phone 

TOP TIP: Take up a balanced position, making sure all critical body parts are facing your target (shoulders, waist, and feet).

TO PLAY

- Start the challenge at the end with the beanbag.
- On **'Go'** attempt to **throw** the bean bag **underarm** to land into the hoop as close to the **jack** (the spot) as possible.
- Then retrieve the hoop and place it over the spot you started from. Run back to the other spot and throw from that **end**.
- Take your time, as bocchia is about precision and accuracy.
- Repeat this continuously until the time is up.
- Make sure your practise before recording your best score.

SCORING

- You have 2 minutes to score as many points as possible.
- If the bean bag does not land in the hoop no points are scored.
- Land the bean bag in the hoop, but not on the **jack** (the spot), and you score 1 point
- Land the bean bag in the hoop, and on the **jack** (the spot), you score 2 points.



STEP ADAPTATIONS

	Simplify	Challenge
Task	Decrease the distance between the 2 floor spots (Jacks). Allow points to count if the bean bag lands on the target but bounces out of the target.	Increase the distance between the 2 floor spots (Jacks). Throw with your non-dominant hand.
Equipment	Use a larger hoop and/or spots (jacks)	Remove the hoop from the challenge
People	Ask your partner to move the hoop for you to give you more time to prepare yourself to throw the beanbag.	Go head to head with a partner and challenge each other to get the highest score.





TARGET GAMES

THROW, HIT, KICK

CHALLENGE 2 - CONE CROQUET

SET UP

Place your marker down. This will be your start and striking position. Place your targets 4 paces away from your spot and 1 pace apart from each other in a line. Start standing on the single marker with your hockey stick and ball.







CHALLENGE VIDEO

Watch Nathan demonstrate the challenge



EQUIPMENT

- **60 x markers**- if not, floor sports, bean bags, cones 
- **15 x Hockey sticks** – if not, Cricket bats or tennis rackets 
- **15 x small balls** e.g. air flow balls or tennis balls 
- **Timer**- stopwatch; watch or phone 

TOP TIPS: Make sure your hands are apart on the stick to help maintain control of the ball when dribbling. When striking the ball stand, in a ready position (wide base) Ensure to follow through when striking the ball towards the target.

TO PLAY

- Start the challenge **dribbling** the ball around 1 of the targets before returning to start spot.
- Once you have returned to the start spot attempt to **hit the target** you have just dribbled round.
- **Retrieve** the ball and repeat the challenge again, dribbling around a different target each time.
- The target you dribble round must be the target you attempt to hit with your shot.
- Make sure you practise the challenge before recording your best score.

SCORING

- You score **1 point** each time you hit the correct target with the ball after dribbling around it first.
- You have **60 seconds** to score as many points as possible.



STEP ADAPTATIONS

	Simplify	Challenge
Space	Decrease the distance between the targets and the strike marker.	Increase the distance between the targets and the strike marker.
Task	Score 1 point if you hit any of the targets in your attempt.	Score points for consecutive hits on the targets, losing all points if you miss a target.
Equipment	Use a larger ball.	Use smaller cones as targets.
People	Ask a partner to feedback on how to improve performance.	Ask your partner to choose the target you need to dribble round and aim at.





CHALLENGE 3 – SPACE INVADERS

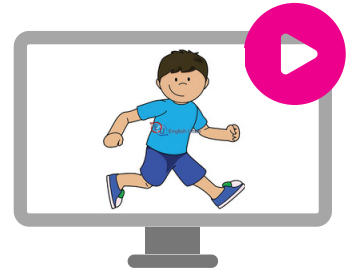
SET UP

Place your marker in a space. Place your 2 large cones 5 paces away from your start position next to each other to create your target. Place 2 markers 3 paces away from your start marker 3 paces apart in a line.



CHALLENGE VIDEO

Watch Nathan demonstrate the challenge



EQUIPMENT

- **15 x footballs** or medium sized balls
- **45x markers**, if not, cones; floor spots
- **30 x large cones** or targets
- **Timer-** stopwatch; watch or phone

TOP TIP: -

When kicking ensure your standing foot is pointing in the direction of the target
Timing is key.

TO PLAY

- To start the challenge your partner moves sideways from one marker to the other and back again repeatedly. They will act as the **space invader** to protect the target. Your partner must keep a **consistent speed and not stop** at any point in the challenge. The space invader must **not** deliberately intercept the ball.
- When ready, **aim & kick** the ball to hit your target missing the **space invader**.
- Retrieve the ball and repeat the challenge until the time is up.
- If you hit the **space invader** just **retrieve** your ball and try again.
- Make sure you practise the challenge before recording your best score.

SCORING

- You score **1 point** each time you hit your target and **minus** 1 point from your score if you hit the **space invader**.
- You have **60 seconds** to score as many points as possible



STEP ADAPTATIONS

	Simplify	Challenge
Space	Decrease the distance from your kicking position to the target.	Decrease the distance your 'space invader' partner must travel.
Task	Increase the distance between the space invader's cones.	Use alternating feet to kick each time.
Equipment	Increase the distance between the target cones to make a target goal.	Use a smaller ball to attempt the challenge.
People	Ask your partner to retrieve the ball instead of being the space invader.	The space invader moves more quickly.