

**Surrey School District
Physical Education Department
Target Games**

Objective: Propel a stationary object with a high degree of accuracy towards a specific, stationary target.

During this unit of instruction, develop these **Fundamental Movement Skills**

Non-Locomotor Bend, curl, hold, lift, lower, pull, push, stand, stretch, reach, swing, twist, turn	Manipulative Sending (roll, bowl, slide, strike, underhand throw/toss)
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And Fitness Components to increase student success.

Health Related Muscular Flexibility Muscular Strength	Skill Related Balance Coordination (eye-hand) Power
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Classroom Connections: Life Skills Development

- What parts of this game were stressful?
- How did you deal with the stress in this game?
- What are other things in life that cause you stress?
- What are some ways you can deal with stress?
- How can others help you deal with stress?
- How can you help others deal with stress?
- How does trying to beat your own score help motivate you?
- Why is challenging one's self important?
- Did you challenge yourself by making the activity more difficult?
- What are ways we can challenge ourselves to stay active?
- How does this game encourage us to be adaptable?
- Where else is it important to be adaptable in our environment?
- When do we not sacrifice our values and refuse adapting to our surroundings?
- Did everyone on the team have similar strategies in how they would throw the bean bag towards the target?
- How does this activity help foster a better understanding of individual differences and similarities?
- If everyone is different then why do we sometimes have a difficult time being ourselves?
- Why is it important to be yourself?
- How will this help lead to a healthier way of living?

**Surrey School District
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Target Games**

Activity Name: 21

Level of Complexity: Easy

Participant Grouping: Partners

Playing Area: Gymnasium or Outdoors

Equipment: 3 Pylons, 1 Hoop, 1 Beanbag per student, 1 place mat/base/pinnie

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ Place a mat or similar object inside a hula hoop at one end of a rectangle
- ✓ Place a pylon at 5, 10, 15 paces away from the floor mat and hula hoop
- ✓ Each pylon has a point value with the closest being 1 pt and the farthest being 3 pts
- ✓ Each person receives their beanbag
- ✓ Alternating turns, players attempt to throw the beanbag either into the hoop or onto the place mat/object from one of 3 distances
- ✓ If the student tosses from the middle cone and the beanbag stays inside the hula hoop, but not on the mat, multiply the score by 2, eg. Cone=2 pts, beanbag in hoop=1, so total is 2 pts
- ✓ If the beanbag stays on the mat, then double the point value
- ✓ First person to 21 exactly wins the game
- ✓ **NOTE:** You can not go over otherwise you return back to 11.

Variations:

- ✓ Timed 21—how many points can players score in a specific time frame, eg. 5 min.
- ✓ Rolling 21—roll a ball into the hoop or onto the mat
- ✓ Flick 21—toss a disc
- ✓ Strike It 21—use an implement such as a racquet or hockey stick
- ✓ Hoop 21—stand in the hoop and toss to the cones at various distances

Adaptations:

- ✓ Play seated
- ✓ Reduce the number of paces away from the target area
- ✓ Use other types of objects such as scarves tied to tennis balls to increase control
- ✓ Increase or decrease the size of the hoop and or mat

Tactical Awareness:

- What are important things to remember when trying to hit a target?
- How much force is necessary to get the object to the target without jeopardizing accuracy?
- What strategies did you use to be successful?

**Surrey School District
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Activity Name: Pins

Level of Complexity: Easy

Participant Grouping: Partner

Playing Area: Gymnasium or Outdoors

Equipment: 6 Pins/Skittles/Pylons per game, 3 small cones, 1 beanbag per student

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ Form a 1m diameter circle using pins/skittles/pylons
- ✓ Place small cones 5, 10, 15 paces away from the circle
- ✓ Each person receives their beanbag
- ✓ Alternating turns, players attempt to throw the beanbag into the circle without knocking over any of the pins/skittles from each of 3 distances
- ✓ Once a player completes all throws successfully from each distance, the game re-starts

Variations:

- ✓ Scoring Pins— Each pylon has a point value with the closest being 1 pt and the farthest being 3 pts; play for a set time frame, eg. 2 minutes
- ✓ Rolling Pins—roll a ball through the circle without knocking over any pins
- ✓ Sliding Pins—beanbag must slide not leave contact with the floor and end up inside the circle
- ✓ Target Pins—add a target in the middle of the circle, eg. Tennis ball, and knock the ball out of the circle without the pins being knocked over
- ✓ Target pins—same as above, except use an implement such as a racquet or hockey stick

Adaptations:

- ✓ Play seated
- ✓ Reduce the number of paces away from the target area
- ✓ Increase or decrease the size of the circle

Tactical Awareness:

- What are important things to remember when trying to hit a target?
- How much force is necessary to get the object to the target without jeopardizing accuracy?
- What type of throw increases the chances of avoiding the obstacles?

**Surrey School District
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Activity Name: Bull's Eye

Level of Complexity: Easy

Participant Grouping: Pairs

Playing Area: Gymnasium or Outdoors

Equipment: 1 hoop, 1 cone, 3-5 objects (beanbag, stuffed animal, ball of paper, etc.)
per student

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ Place a cone in the middle of the hoop
- ✓ Mark a spot 5 and 10 paces away from the circle
- ✓ Each person receives their objects
- ✓ Alternating turns, players score one point for landing in the hoop, two points for hitting the cone, three points if the object stays on the cone without knocking it over; double points for 10 pace location
- ✓ Once a player completes all throws successfully from each distance, the game re-starts

Variations:

- ✓ Speed Bull's Eye—score as many points for a set time frame, eg. 2 minutes
- ✓ Wall Bull's Eye—make targets on the wall using tape, paper, or clown faces
- ✓ Bounce Bull's Eye—using a ball, bounce off the wall before hitting the hoop or cone
- ✓ Rolling Bull's Eye—roll the ball

Adaptations:

- ✓ Reduce the number of paces away from the target area
- ✓ Increase or decrease the size of the circle

Tactical Awareness:

- What happens to your accuracy when you choose to shoot from further distances?

**Surrey School District
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Activity Name: Junk Yard

Level of Complexity: Easy

Participant Grouping: Pairs

Playing Area: Gymnasium or Outdoors

Equipment: 3 skittles, 1 beanbag per student, variety of objects for the junkyard

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ Partners face each other approximately 20 paces apart with various objects in between them eg. Pylons, beanbags, balls, milk jugs, etc. This represents the junkyard
- ✓ Each player places their 3 skittles on their side of the junkyard
- ✓ Alternating, each player slides their beanbag through the junkyard trying to knock down their opponent's skittle without contacting any objects in the junkyard
- ✓ First player to knock down their opponent's skittles is the winner

Variations:

- ✓ Speed Junk Yard—score as many points for a set time frame, eg. 2 minutes
- ✓ Bounce Junk Yard—using a ball, bounce off the wall before hitting the skittle
- ✓ Rolling Junk Yard—roll a small ball

Adaptations:

- ✓ Reduce the number of paces away from the target area
- ✓ Increase or decrease the size of the circle
- ✓ Reduce the number of objects in the junkyard

Tactical Awareness:

- What are effective ways to avoid the obstacles in the junkyard?

**Surrey School District
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Activity Name: 4 Balls For 15

Level of Complexity: Easy

Participant Grouping: Pairs

Playing Area: Gymnasium

Equipment: 4 cones, 4 balls of various sizes, 8 gator balls per pairing

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ Set up 4 cones in a line from the throwing line an age-appropriate distance
- ✓ On the first cone, place a basketball, second cone a tennis ball, third cone a soccer ball, fourth cone a golf ball or equivalent in size
- ✓ Try to knock down each ball without knocking over the cone
- ✓ The basketball is worth 2 points, the tennis ball is worth 4 points, the soccer ball is worth 3 points, and the golf ball is worth 6 points for a possible total of 15 points
- ✓ Points for each ball can only be used once in the round
- ✓ Each player gets 4 throws

Variations:

- ✓ Relay—in teams of 3, challenge another pair to see how many points they can score in a set time frame, eg. 2 minutes
- ✓ Set up different distances, eg. 5, 10, 15 paces away and double/triple point values

Adaptations:

- ✓ Reduce or increase the number of paces away from the target area
- ✓ Increase or decrease the size of the circle

Tactical Awareness:

- What factors determine which target you will aim for?

**Surrey School District
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Activity Name: Bean Bag Bocce

Level of Complexity: Moderate to Difficult

Participant Grouping: Teams of 4

Playing Area: Gymnasium

Equipment: 2 same coloured beanbags per person; 1 odd coloured beanbag per game

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ In teams of 4 players provide each player with the same coloured beanbag but different from the team they are playing against, eg. 4 Blue vs 4 Green
- ✓ Use a badminton court service area as the playing space
- ✓ Rock, scissors, paper to determine which team starts off by throwing out the pallino (different coloured beanbag)
- ✓ This same team then starts off with Player 1 throwing their beanbag
- ✓ Player 1 from the opposite team then throws their beanbag
- ✓ The team closest to the pallino is considered “inside”
- ✓ Player 2 from the team that is “outside” plays next
- ✓ Continue play in this manner until all players have thrown their beanbags
- ✓ Score a point for each beanbag that is closest to the pallino than their opponent
- ✓ The team that scored in the previous end throws out the pallino in the next end
- ✓ Beanbags outside the rectangle are considered out of bounds

Variations:

- ✓ Outdoor Bocce—use softballs marked with tape to identify teams and a tennis ball as the pallino; select different types of terrain to make it more interesting
- ✓ Sitting Bocce—players remain seated in chairs while playing
- ✓ Implement Bocce—players can project beanbags with hockey sticks, scoops, lacrosse sticks

Adaptations:

- ✓ Play seated
- ✓ Reduce the size of the playing area

Tactical Awareness:

- What are important things to remember when trying to hit a target?
- What can you do to protect the beanbags that are close to the pallino?
- What type of throw increases the chances of avoiding the obstacles?

**Surrey School District
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Activity Name: Bean Bag Golf **Level of Complexity:** Moderate to Difficult

Participant Grouping: Groups of 4 **Playing Area:** Gymnasium or Outdoors

Equipment: 1 hoop, 1 cone per foursome, 1 beanbag per player

Fundamental Movement Skill: Underhand Throw/Toss

Preparation Phase:

- ✓ Ready Position/Athletic Stance

Movement Phase:

- ✓ Draw back arm in readiness (like trunk of elephant)
- ✓ Bring arm forward while transferring weight on to opposite foot

Follow-Through Phase:

- ✓ Extend and release object with arm and toes pointing at target

Tactical Focus & Skills: Aim & Accuracy

How To Play:

- ✓ In groups of 4, provide each player with a different coloured beanbag, 1 hoop, and 1 cone to construct their hole
- ✓ Use the cone as the “tee box” and the hoop as the “green”
- ✓ Label each of the cones and hoops with a hole number
- ✓ Use a ‘shotgun’ start where each group starts at the hole they construct
- ✓ Players tee off from the cone and alternate shots and try to get their bean bag in the hoop in as few throws as possible

Variations:

- ✓ Team Golf—form teams either by longest and shortest on one team or by left and right
- ✓ Texas Scramble—As a team, players must decide which shot is the best and everyone then picks up their bag and plays from the best shot. Repeat for every shot.
- ✓ Disc Golf—same as Bean Bag, but use a disc and is usually played outside
- ✓ Basketball Golf—instead of landing in the hoop, must go through a basketball hoop

Adaptations:

- ✓ Change implement (ball, disc, rubber chicken, etc)
- ✓ Reduce/increase the size of the “green”
- ✓ Reduce/increase the distance to the “green”

Tactical Awareness:

- What factors into how much effort you will use to project the beanbag?