# Archers Away

## Activity Overview

Participants learn about and practise sending an object with aim and accuracy as they participate in a target game. This game is inspired by archery.

## Facility

- Gymnasium

## Materials and Equipment

- 1 hula hoop per group
- Material for hanging hula hoops (e.g., skipping rope, yarn, tape)
- 1 pool noodle per group

## Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Set boundaries for the activity a safe distance from walls and obstacles. Provide a safe distance between activities.

## Activity Information

### Activity Set-up

- Divide participants into small groups (e.g., three to four).
- Have groups hang their hula hoop from a basketball net at a distance from the ground chosen by the group. If enough basketball nets aren't available, participants can tape their hula hoops to the wall.
- Groups set up three throwing lines at different distances from the hula hoop.

### Activity Instructions

- One at a time, group members stand at one of the throwing lines and try to throw the pool noodle through the hula hoop.
- After several tries at throwing the pool noodle through the hoop, the group changes the distance of the hula hoop from the ground (e.g., higher or lower).
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: Describe the type of throw you applied that was most successful at sending the pool noodle through the hoop. When sending the pool noodle, how does the force change when you throw from different distances? Describe the position of your body and how your body parts moved to send the pool noodle with aim and accuracy.
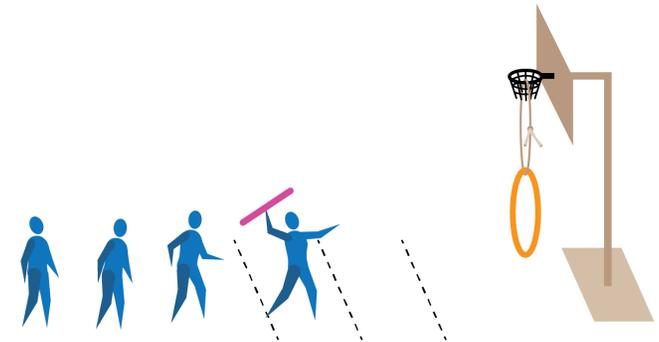
## Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Stand closer to the target.
- Set up multiple hula hoops.
- Hit the hula hoop with the pool noodle to be successful rather than needing to throw the pool noodle through the hula hoop.
- Have participants choose which object they would like to send (e.g., rubber chicken, tennis ball, bean bag).

To increase the challenge, participants could:

- Stand farther away from the target.
- Use a smaller hula hoop.
- Set up obstacles in front of the hula hoop.
- Perform a fitness activity (e.g., five jumping jacks, running to the wall and back) after throwing their object.

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies for effectively throwing an object toward a target. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

### Movement Skills and Concepts

- Manipulation skills and effort awareness: applying an appropriate force to send the object to a designated target (e.g., performing an overhand throw with a strong force for it to go through the hoop)
- Body awareness: knowing what parts of the body move and how to move them (e.g., standing with the body facing the target, pointing with the non-dominant hand, holding the object to the side of the head, stepping with the foot opposite the throwing arm, and following through)

### Movement Strategies

- Activity appreciation: learning about the game and appreciating the game structure, rules, and skills needed to participate successfully (e.g., participating in the game and being able to change the equipment or moving the throwing line to make it more or less challenging to increase chances of success)
- Application of skill and performance: understanding the skills that need to be applied to be proficient in the game (e.g., applying different types of throws to send the object successfully to a designated target)

## First Nations Inspiration

This game is inspired by archery. A bow and arrows were essential tools used for hunting in many First Nation cultures.

## Sport Connections

Contains aspects of:

## Canadian Physical Activity Guidelines