



Participants learn about and practise sending an object toward a target to accumulate the most points.

Facility

- Gymnasium

Materials and Equipment

- 1 pallino (target) per group
- 2 beanbags per participant

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). Provide each participant with two beanbags. Group members should have beanbags of the same colour.
- Set up enough rectangular activity areas so that each game, consisting of two groups, has its own designated area.
- Each game selects a different-coloured beanbag for the “pallino” (target).

Activity Instructions

- One group starts the game by using an underhand throw to toss out the pallino. This same group has a participant try to underhand throw a beanbag as close to the pallino as possible.
- Groups take turns throwing their beanbags toward the pallino until all participants have thrown their beanbags.
- Participants are allowed to knock either the pallino or other beanbags with their beanbag throws.
- After all participants have thrown their beanbags, the group with the closest beanbag to the pallino scores 1 point. That group also receives a point for each beanbag that is between the pallino and the other group’s closest beanbag.
- This group then throws the pallino to the opposite end of the playing area, starting the next round.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions to send an object toward a target. Examples include: Where is the most optimal position to send your bean bag in relation to the other group’s bean bags? Describe a strategy that your group used to be successful in the game.





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:

- Use a larger target (e.g., hula hoop) and award points if the throwing object is close to the hula hoop, on the hula hoop, and in the hula hoop.
- Choose a different throwing implement (e.g., rubber chicken, soft-skinned ball, sponge).

To increase the challenge, participants could:

- Use their non-dominant hand to perform an underhand throw.
- Attempt to send the object in different ways (e.g., one eye closed, only sliding/rolling the object).

Pause for Learning

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

Movement Skills and Concepts

- Manipulation skills and effort awareness: Applying a controlled force to send an object toward the target while playing against another group (e.g., taking time when performing an underhand throw so a controlled force can be applied to send the bean bag as close to the target as possible)

Movement Strategies

- Applying appropriate skills to be proficient at hitting a target (e.g., maintaining eye contact with the target and following through in the direction of the target)
- Applying tactics that will increase chances of hitting a target with obstacles in the way (e.g., defending space by blocking with beanbag placement to maintain advantage)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

