



Participants learn about and practise sending an object toward a target to score the highest number of points.

### Facility

- Gymnasium
- Multipurpose room
- Outdoors

### Materials and Equipment

- 5 small objects per participant (e.g., beanbags, pool noodle discs, sponges)
- Material to make lines for circles (e.g., tape, skipping ropes)

### 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.

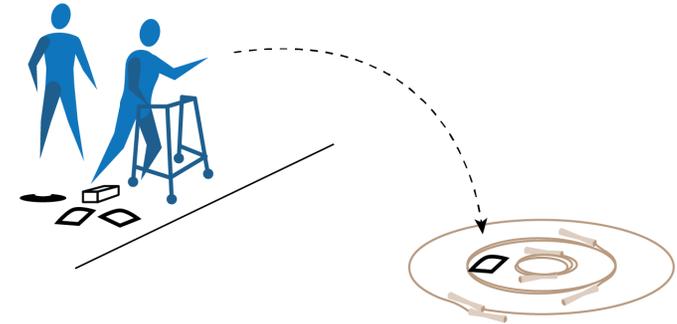
## Activity Information

### Activity Set-up

- Divide participants into small groups (e.g., two to four).
- Each group creates its own series of targets and point system by setting up circles outside of each other, starting with the middle circle (bull's eye) (e.g., the bull's eye is 0.5 m in diameter and scores 5 points, the next circle outside the middle circle is 1 m in diameter and scores 3 points, the last circle is 1.5 m in diameter and scores 1 point)
- Each participant selects five small objects (e.g., beanbags, pool noodle discs, sponges) that they will throw.

### Activity Instructions

- Participants take turns to underhand throw their objects toward the target standing behind a line that's 10 paces from the bull's eye.
- Participants try to score the highest number of points with their five objects.
- For any object that lands on a line, the participant scores the lower number.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: When sending the object toward the target, describe how you control the force you use so that you are as close to the target as possible? What can you do to prevent your opponent from getting closer to the target than you?





## 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:

- Decrease the distance between the throwing line and the target.
- Increase the diameter of the target.
- Work together in their group to accumulate points.

To increase the challenge, participants could:

- Increase the distance between the throwing line and the target.
- Use a different shape for their target.
- Use their non-dominant hand.
- Attempt to send the object in different ways (e.g., one eye closed, slide/roll the object).

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to send 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 a controlled force to send an object as close as possible to the target (e.g., standing face-on to the target, and performing an underhand throw by swinging the throwing arm back while stepping forward with the opposite foot to the throwing arm, then leaning slightly over the extended front foot and releasing the object to follow through toward the target)

### Movement Strategies

- Applying appropriate skills to be proficient at hitting designated targets to accumulate the most number of points, while playing against other participants (e.g., keeping an eye on the target for accuracy and using the appropriate force when aiming for specific targets)

## Sport Connections

Contains aspects of:



## Canadian Physical Activity Guidelines

