



Participants learn about and practise sending an object toward a target while attempting to score points for accuracy.

Facility

- Gymnasium
- Outdoors

Materials and Equipment

- 1 hula hoop per group
- 1 pylon per group
- Throwing objects (e.g., beanbags, rubber chickens, soft-skinned balls)

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.

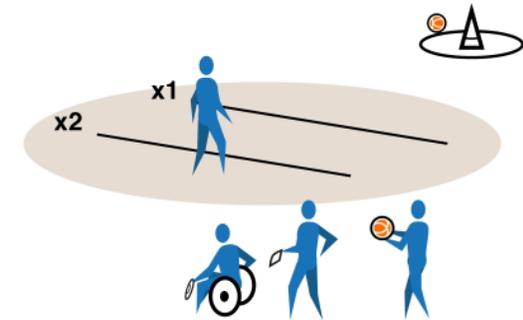
Activity Information

Activity Set-up

- Divide participants into small groups (e.g., four to six).
- Each group places a hula hoop on the ground with a pylon in the middle of the hoop as a target.
- Participants identify throwing lines at two different distances from the target. Encourage participants to select throwing lines that will provide optimal challenge.

Activity Instructions

- Taking turns, participants select an object (e.g., beanbag, rubber chicken, soft-skinned ball) and use an underhand throw to toss the object at the target pylon from the designated throwing line.
- Groups determine a scoring system, assigning each area of the target a designated number of points (e.g., score 1 point for landing within the hula hoop and 2 points for hitting the pylon). The points are doubled if the participant throws from the designated throwing line further from the target.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: Why is it important to control the force you use when performing an underhand throw? Which target do you find easier to hit and why? Which target do you find more challenging to hit and why?





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 distances between the throwing line and the targets.
- Remove the pylon and only use only a hula hoop as the target.

To increase the challenge, participants could:

- Increase the distances between the throwing lines and the targets.
- Use a smaller target to place in the hula hoop (e.g., smaller pylon, a piece of tape to mark the target within the hula hoop).
- Use a different way to send the object (e.g., using their non-dominant hand, overhand throw).
- Set a time limit for the game and see how many points they can score within that time frame.
- Play seated.

Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies to send an object toward a target, while attempting to score points for accuracy. 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 (e.g., using a one-handed underhand throw by cradling the object in the throwing hand with the object resting in the palm; focusing on the target and standing face-on to the target; swinging the throwing arm back while stepping forward with the opposite foot to the throwing arm; leaning slightly over the extended front foot; releasing the object and following through toward the target)

Movement Strategies

- Applying appropriate skills to be proficient at hitting a designated target (e.g., adjusting the force used when sending the object so that it will stop or land in a position to score points)
- Applying tactics that will increase chances of hitting a specific target to accumulate the most number of points (e.g., understanding your own strengths with skill/concept application, and choosing to stand at the optional position so that you can hit the target)

Sport Connections

Contains aspects of:



Canadian Physical Activity Guidelines

