



KS1

Target Games

Lesson 1

Learning Objective

To develop underarm throwing towards a target.

Success Criteria

- Keep your eyes on the target.
- Opposite hand to point at the target.
- Stand with your legs split, opposite leg to throwing arm forwards.
- Throw with your writing hand.
- Time the release of the throw.

Whole Child Objectives

Social: I work well with others.

Emotional: I persevere in the tasks I am set.

Thinking: I can make decisions to select and apply the correct technique.

Equipment

- Beanbags x 30
- Cones x 45

10
Mins

Warm Up and Introduction

Jelly on a plate:

Ask the pupils to balance a cone on their hand facing up (dish position). Place 10 cones around the teaching area with a beanbag resting on top of each. In this game the beanbags represent jellies and the cones are plates.

(A) Ask pupils to hold their cone, balancing this on one hand (dish position). On the teacher's command, pupils jog around the area, whilst avoiding others and the floor cones/beanbags. When the teacher calls out a 'switch', pupils must quickly change their cone to balance on the other hand.

(B) Repeat the game, but this time allowing the pupils now to collect a beanbag (jelly) from the floor cones as they move around. They must balance the beanbag on their cone and then transfer it to an empty cone (plate) on the floor. How many can the pupils collect and move safely?

Encourage the use of a flat hand to maintain control of the cone and beanbags.

Remind the pupils to check their shoulders before turning to stay safe.

Remind the pupils to always move around safely avoiding others.

Make this harder by including additional instructions e.g. turn, jump.



30
Mins

Skill Development

Exploring throws:

Pupils keep their cones and beanbags from the warm up. Pupils work in pairs 5m apart. Mark this distance with their cones. Use one of the beanbags to complete the following:

(A) Ask the pupils to explore how they can throw the beanbag towards their partner.

Discuss the safety precautions of exploring these skills around others e.g throw to your partner's chest or lower, try to be aware of your own space.

Encourage the pupils to use positive words to support their partner.

Make this easier by giving the pupils some ideas such as:

- Use an underarm throw.
- Throw the beanbag using an overarm technique.
- Only use one hand
- Try different hands

(B) Share ideas and give the pupils an opportunity to try out new skills that they have seen. Focus on overarm and underarm throws (one-handed). Discuss why using one hand is better when using a beanbag. When would you use two hands?

(C) Demonstrate how you perform an accurate underarm throw. Can the pupils explore different release points? If you release high what happens? If you release low what happens?

Stand with your legs split, opposite leg to throwing arm forwards.

Throw with your writing hand. Opposite hand to point at the target.

Keep your eyes on the target. Time the release of the throw.

Hit the target:

Pupils have one beanbag and one cone each. They begin standing behind a designated start line.

(A) Pupils practise the underarm throw, taking turns to hit their own cone, initially placed one step away from them. Although they are not sharing target cones, encourage the pupils to take it in turns with their partner, encouraging one another and praising effort.

Take turns to throw and collect, being aware of safety.

Reinforce the technique needed for an accurate throw.

Make this harder by asking pupils to alternate hands after every throw.

(B) Each time a pupil hits their target cone, they can now move this one more step, increasing the distance.



(C) Discuss what is required when using an underarm throw over different distances.

Pupils may want to consider: power, swing of the arm and release point of the throw.

Encourage the pupils to share examples of ways in which they are encouraging and supporting their partner.

Beanbag boccia:

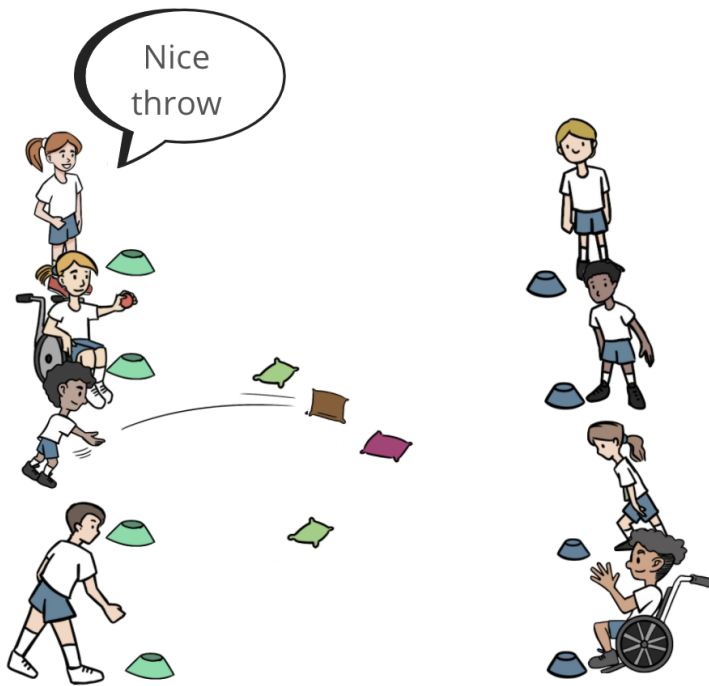
In groups of four with one beanbag each. Pupils begin positioned along a line of 4 cones facing the other team. The starting team throws the target beanbag (Jack).

The first player from that team throws their beanbag trying to get as close to the target beanbag (Jack) as possible. The second team's first player now throws and the teams continue to alternate throwing until all players have thrown their beanbag.

The team who threw the closest to the Jack wins the round. Players then collect their beanbags and the target beanbag (Jack), and the team who did not score that round gets to start the second round.

Ensure all members of your team feel included.

Make this harder by asking the pupils who throw the winning beanbag to move their cone one step back.

**5**
Mins

Plenary

Ask the pupils to collect one cone. Ask the pupils to find a partner with the same colour cone. Ask them what they did well today. Ask the pupils what they did to be successful today.

Ask the pupils to find a partner with a different colour cone. Ask the pupils to discuss why is it important to be a good partner/teammate. Who was a good partner today and why?