



KS1

# Target Games

Lesson 2

## Learning Objective

To develop throwing for accuracy.

## 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.
- Stiff wrist as you release the beanbag for power.
- Throw with your writing hand.

## Whole Child Objectives

Social: I am a good teammate and support others.

Emotional: I am honest and follow the rules.

Thinking: I can select and apply the correct technique.

## Equipment

- Beanbags x 30
- Cones x 15
- Playground ball x 15

**10**  
Mins

## Warm Up and Introduction

### Heads, shoulders, knees and .... cones!

Randomly place out half the amount of cones as there are pupils in your teaching space.

(A) Ask the pupils to move around the teaching space, moving in different ways e.g. jogging, sidesteps, hopping etc. On the teacher's command, pupils must stand still with their hand/s in contact with the body part called - head, shoulders, or knees.

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

Remind the pupils to always move around safely avoiding others.

Focus on good quality movements.

(B) When the teacher calls out 'cones', pupils should quickly find a cone and lift it above their head. Repeat the game, changing movements and instructions.

Reward pupils that are following the rules of the game.

Remind the pupils to be careful when reaching for the cones, avoiding others.

Make this harder for the pupils by asking them to touch one cone before collecting another.

Make this easier for pupils by giving them a smaller space closer to cones to work in.

30  
Mins

## Skill Development

### Target time:

Place 15 cones around the teaching space (use the ones placed out from the warm up), each with a playground ball resting on top. Give the pupils a beanbag each and ask them in pairs to find a playground ball/cone to work with. Pupils take three big steps away from the ball to start.

(A) In this activity, give pupils 2 minutes to see how many times they can work together with their partner to hit the ball off the cone from their starting position. Remind the pupils of underarm throws from the previous lesson. Each player takes a turn, throwing their beanbag to hit the cone, collecting their beanbag whilst resetting the ball on the cone if needed.

Remind the pupils to take turns.

Remind the pupils to be honest about their score.

(B) Ask the pupils if they were successful How do they know? What did they do?

Remind the pupils of how to best support their partner (teamwork)

(C) Share the underarm throwing technique, focusing on accuracy and power to hit the ball.

Legs split (one in front of the other).

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

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

Stiff wrist as you release the beanbag for power.



(D) Pupils play 'Target time', attempting to improve their score. Give the pupils time for a few attempts to work with their partner to better their score.

Remind the pupils of using 'stiff wrists'.

How can you work best together?

Make this activity easier by asking pupils to throw 2 steps from the target.

Make this activity harder by asking pupils to alternate hands as they throw.

Team target time:

Ask pairs to join together, creating teams of 2 to play against each other. In each group, set up two cones with playground balls, creating two central targets. Ask teams to position themselves along a line (around 3 big steps from the centre) facing the other team, players collect a beanbag each.

One team begins by throwing their beanbags towards the playground ball targets. A point is scored for every ball knocked off the cones. The player that hits the ball is responsible for resetting it on the cone. The next team now throws their beanbags.

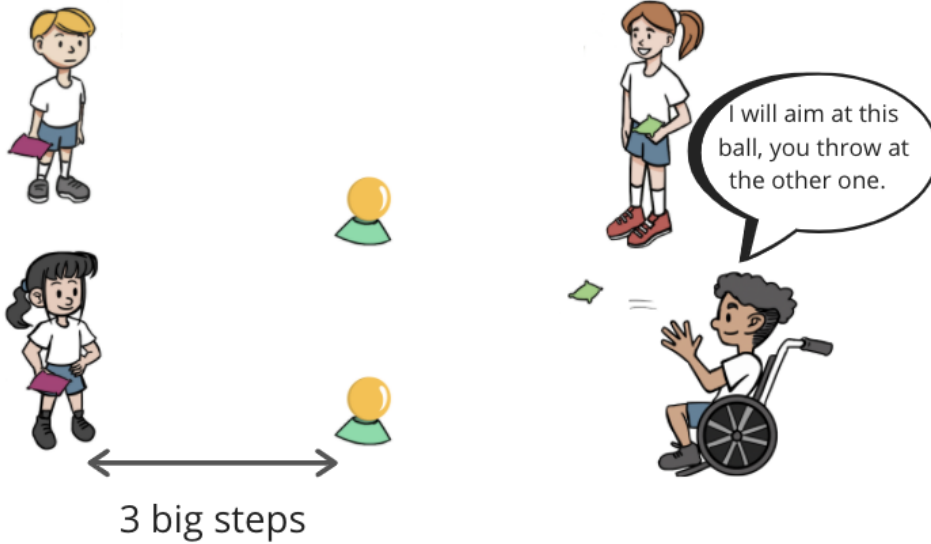
A set number of rounds could be played or alternatively a time limit could be set for the game.

Encourage the pupils to consider how they can work well together e.g. not aiming at the same ball.

Ask the pupils to keep score carefully and honestly, checking this with both teams.

Make this harder by asking the team that is winning by 2 points to step back.

Make this easier for pupils by giving them an extra beanbag to throw.



## 5 Mins Plenary

The teacher can ask a series of questions: What did you do well today? Why is it important to work with your partner? Why should you follow rules? When pupils have their idea/answer, they stand up and put their hand up.

Pupils now use their hands to 'high-5' as many people as possible whilst they share their answer.