

Content outline

This activity aims to act as an introduction to Target Games, and has been designed to be accessible to the widest possible range of abilities

- Co-ordination
- Control
- Confidence
- Creativity



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



Space

- Increase the distance to the target to increase the difficulty of the task
- Decrease the distance to the target to make the task easier
- If more space is unavailable, try to decrease the size of the target area instead



Task

- Progressively adapt the activity to gradually increase difficulty – start close to the target and move further away when successful
- Start by using your preferred hand, and then try with your non-dominant hand
- Vary the targets – try targets of different sizes and heights to adapt the task



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Use different household items as balls (Eg. Rolled up socks, different types of ball)
- Be imaginative with targets, such as a sheet of paper taped to the ground, or bottles to act as skittles.



People

- A family member can support a young person who has visual / spatial impairments by making a noise near the target (like clapping)
- Challenge a partner to a competition, who can hit the target the most times?

Learning intention

Physical:

- To develop and refine hand-eye co-ordination skills and spatial awareness

Personal:

- Confidence
- Creativity

Learning questions:

- Where should you aim at?
- Is it best to; Aim at the target, just Infront, or past the target?
- How does your throw change as the height of the target increases?
- What creative household items can you use as targets? Or as a ball?