

5

Target Games



Target game skills

Target games are those in which players send an object (such as a ball or dart) towards a target area. Sometimes this may also involve avoiding obstacles, defending, guarding, or blocking the path of the opposition's ball to stop them from scoring. Target games come in two forms. Opposed target games are ones, such as snooker or bowls, where the opposition's play affects the next move. In unopposed target games, such as golf and darts, the outcome is not affected by what the opposition does.

Target game skills	What this is	What it looks like – Success criteria
Offensive strategies	<p>It is using aim, accuracy, and the correct amount of force to locate the object in, or as close as possible to, the designated target.</p> <p>Unopposed target games are not dependent on where the opponent places their object.</p> <p>Opposed target games are dependent on where the opponents place the object.</p>	<ul style="list-style-type: none"> • Players control the object's speed and trajectory. • They aim with accuracy, by applying the right amount of force in the direction of the target. • Players avoid obstacles and judge the correct path and distance from the object to the target. • They use a strategy to plan the path, or the team path, of the object to the target.
Defensive strategies	<p>It is controlling the aim and accuracy of the object so that it comes to rest nearest to the target or that it blocks a path for the opposition and decreases their chances of having their object closer to the target than yours.</p>	<ul style="list-style-type: none"> • Players control the object's speed and trajectory by applying the right amount of force. • They avoid obstacles and focus on the aim and accuracy (the direction and distance) for the object to reach or block the target.

5.1 Noughts and Crosses

This game is scored the same as traditional noughts and crosses. The aim is to get three bean bags into different hoops to make a straight line before the other team does.



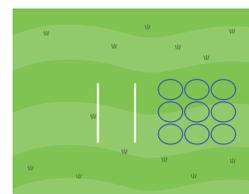
EQUIPMENT



9 Hoops, 1 tennis ball and 3 bean bags (per group)



Cones



LEARNING FOCUS

Focus younger children on:

- judging distance and force to land the ball into the hoops from varying distances
- working as a team and taking turns
- making a straight or diagonal line to achieve three in a row.

Focus older children on:

- applying offensive strategy by aiming for a hoop that provides the best options to make three on a line
- blocking the opposition from achieving a straight or diagonal before your team does.

SET UP AND PLAY

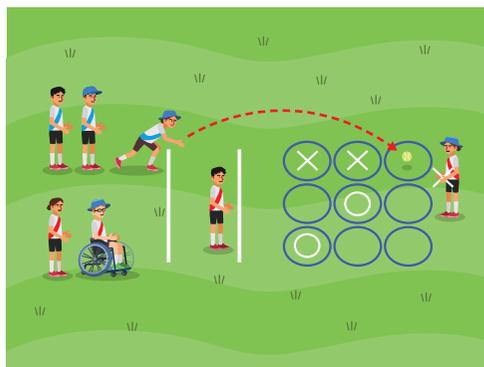
Set up:

- Set up nine hoops in three rows of three.
- Set the throwing or bowling distance to suit the skill level.
- Two teams of 2–5.
- Give each team three coloured bean bags and a tennis ball.
- One player from each team stands by the cones.

Play:

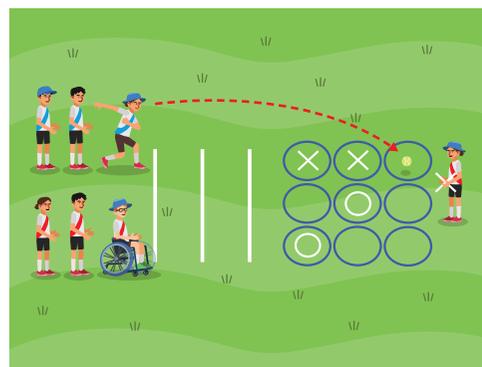
- The objective is to throw or bowl the ball into the hoops.
- If successful, the player at the end places their team's bean bag in the hoop and rolls the ball back.
- If the other team lands the ball in the same hoop, they can choose to place their team's bean bag in that hoop.
- Turns continue until one team makes a straight or diagonal line with their bean bags.
- Replace the players at the hoop end and begin again.

PROGRESSIONS Using the following progressions, think about simplifying, shaping, focusing, and enhancing.



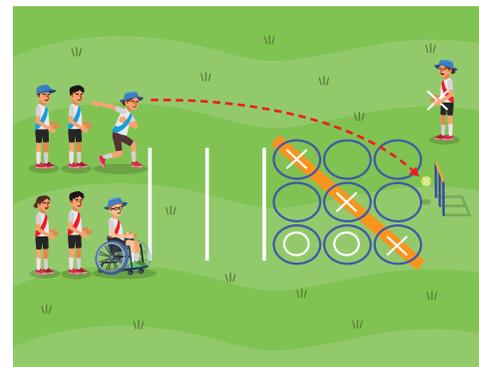
Step One: Throwing

Use variable throwing or bowling distances based on the skill level of the children and let them select the distance. The distance can differ for different members of the team, that is, one line for some players and lines further back so others are challenged.



Step Two: Overarm bowling

Once the children are successful and enjoying the game, encourage them to try bowling overarm at the target hoop. They should stand side-on and release the ball with a straight arm. The non-throwing hand should be pointing at the hoop. Introduce the game skill of opposed target games, using accuracy and blocking strategies to prevent the other team from achieving a line first.



Step Three: Overarm bowling at wickets

Place a cricket wicket behind the nine hoops. Children can learn to bowl with increased speed and accuracy. Players must now hit the wicket to place a bean bag in a chosen hoop. Encourage children to give each other specific feedback on what is working and why.

For older children, offer the three versions of this game at one time and let them choose the game that challenges them best.

LEARNING QUESTIONS

- How did your team improve their accuracy in the game?
- Did you find throwing or bowling the ball the most effective? Why?
- What is the difference between throwing and bowling a ball in this game?
- What strategies did your team use to block the other team's chances of getting a straight line?
- Which strategies were the most effective to win a round of Noughts and Crosses? Why?
- What do we mean by an opposed target game?

REFLECTION

After the activity, can the children:

- choose the most successful distance for them to throw or bowl from?
- take turns and play the game so that all enjoy it?
- bowl and throw at various distances with accuracy?
- explain the strategy of blocking in an opposed target game?
- give specific feedback to each other to improve accuracy and blocking?



Accuracy and Blocking

Learning about accuracy and blocking is important in target games. Accuracy involves using aim and amount of force to land the object as close as possible to the target. Blocking involves strategising to defend, guard, or block the path of the opposition's ball to stop them from scoring.

Accuracy:

1. This is improved during bowling if children:
 - deliver the ball side-on with a straight arm
 - focus on the target by pointing with the non-throwing hand
 - transfer their weight from the back to the front foot at the point of release.
2. Encourage children to explore the line, length, and speed of their bowling in relation to where they want the ball to land.

Blocking:

1. This involves:
 - reading and anticipating the play of the other team
 - applying strategy to plan the path and resting place of the ball closest to the target
 - using strategy to block the opponent's chances of getting closest to the target.
2. It also requires accuracy to place the ball in specific positions.

5.2 Bowls

A thinking game that follows the traditional skills and strategies of bowls. It involves children bowling balls of various sizes along the ground to see who can get closest to the jack.



EQUIPMENT



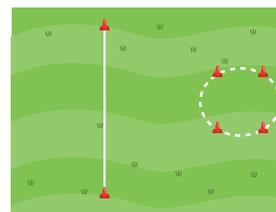
Cones or flat rubber markers



Balls of varying sizes



Large Swiss ball



LEARNING FOCUS

The focus of this game is on learning to control balls of different sizes and weights to place them as close as possible to the target.

Focus the children on:

- developing their aim and accuracy to reach the target
- crouching low to release the ball
- thinking tactically about where to roll and stop their bowls
- the strategy of blocking in target games.

SET UP AND PLAY

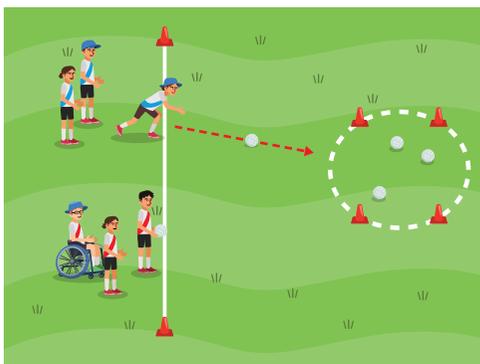
Set up:

- Set up a circle with cones or rubber mats a distance from the players.
- Place a Swiss ball in the centre as the 'jack'.

Play:

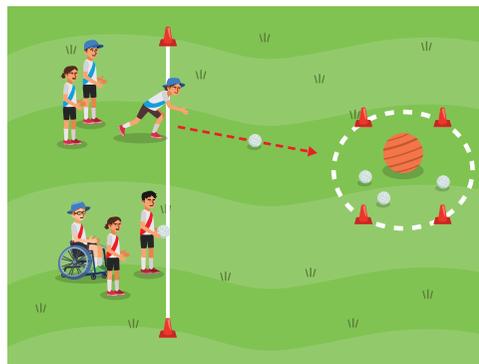
- Teams take turns to roll balls of different sizes and weights to stop closest to the jack.
- The team with the ball closest to the target (jack) wins that round.

PROGRESSIONS Using the following progressions, think about simplifying, shaping, focusing, and enhancing.



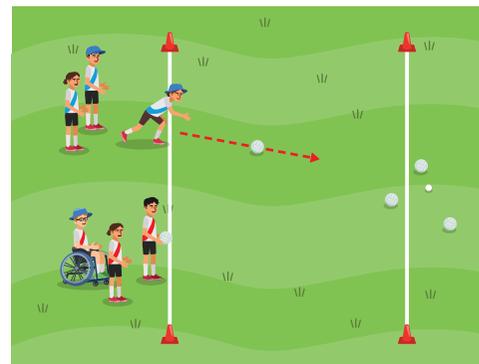
Step One:

Begin by playing like lawn bowls but aiming at a larger target.



Step Two:

Play in teams aiming to get each team's three balls as close as possible to the jack.



Step Three:

Vary the game by increasing the distance to the jack (target) and/or by introducing trying to knock the jack out of the target area.

LEARNING QUESTIONS

- Why is it best to crouch down to bowl the ball at the target?
- What did you do differently to make your ball finish closest to the target?
- What strategy did you use to block the other team's ball?
- What strategy did your team use to plan the different positioning of your three balls to the target?
- Do you think it is better to place the ball close to the jack or in a blocking position?

REFLECTION

After the activity, can the children:

- demonstrate how to aim and be accurate to reach the target?
- demonstrate how to block shots?
- work as a team and take turns?
- think tactically about where to roll and position their bowls?
- explain the difference between offence and defence in this game?



Target games come in two forms. In *unopposed* target games, such as golf, darts, and ten-pin bowling, players focus on being as close as possible to the target. In *opposed* target games, such as bowls, snooker and petanque, players try to prevent their opposition from scoring by knocking or blocking their opponent's ball into a less favourable position in relation to the target.

To enjoy both forms of target games, children need to develop:

- *Offensive skills:* The basis of good offence is the ability to aim and be accurate in placing the ball. This involves using the right amount of force to control the speed and trajectory of the ball to land in a finishing position as close as possible to the target (cup, hole, or jack).
- *Defensive skills:* The basis of good defence is the ability to 'block' the opponent's options. This means being able to use both aim and accuracy to control the ball so that it stops in a position that blocks the path for the opposition, making it more difficult to get their shot to hit or rest nearest the target.