

# team target

Work as a team  
to get right on target



## how to play



Divide the group into groups of three to five. Mark out a playing court, with a start line at one end and the velcro target on/ against a wall at the far end. Mark a throw line two metres from the target. Each team has an equal number of beanbags, different colours for each team i.e red for the red team, green for the green team etc.

Players on each team pass the beanbag to each other – without running – down the court to the player at the throw line who aims it at the velcro target.

The team then returns to the start line and repeats. No running with a beanbag, so you'll need to move into spaces and concentrate, throwing accurately to team mates and at the target! Which team will score the most on-target hits in five minutes?

**Safety:** make sure there is enough space and remind players to take care when throwing.

## equipment



Velcro targets, small equipment for throwing, beanbags, balloon balls, koosh balls, throwing scarves, velcro balls.

## sporting connection



This game helps encourage good teamwork and a supportive atmosphere. In any team game, great support is vital.

## did you know?

Over 300 staff, including coaches, supported the 170 members of the GB Paralympic team at the 2008 Beijing Paralympic Games. And the team had their most successful Games ever!

## wider club activities

## team target

### Skills

### Example

#### Thinking me

Try and find out two interesting facts about your favourite famous sports person which we can share next week. (The club leader can then generate discussion about how these idols became successful.)

#### Social me

During this week, at home or at school, try to congratulate others when they do something well - remember how it makes you feel and how it seems to make them feel.

#### Healthy me

Next week, bring in your favourite piece of fruit to our club session. We can all share and hopefully try some new tastes.

#### Physical me

Choose an activity you have tried at the club and show your parents/family at home. See if they will join in! Tell us about it next week.

#### Creative me

For next week, bring along a piece of junk - cardboard, plastic or fabric that we could recycle and use for an activity, like a cardboard box to use as a target or obstacle, or a scarf for dancing.

## space

Make the play space larger/smaller

Vary the heights of targets

Vary the size of targets

Use zones where players with limited movement can be positioned; no other players may enter these zones leaving them free to aim at targets

## task

Play as a race against time

Award different scores for different targets

Play a continuous passing game until the leader shouts "aim" and the player holding the ball must rotate, spot a target and try to hit it. This will vary the distance players are from targets

## equipment

Make the targets smaller/larger, higher/lower

Players can use a ball-sending ramp if throwing is not an option

Vary the throwing equipment - use different sizes and shapes

## people

Vary team sizes

Mix teams around

Ask players to take turns to be team leader

Vary roles inside a team, e.g. leader, spotter etc