

hit the targets

Throwing games with different aims



how to play



These games can be played standing, sitting or kneeling.

Nearest the pin – place the pole vertically in the base. Players stand in various positions around the pole in a circle one metre away and try to hit the pole or get close to it.

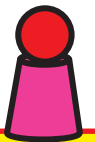
Sink it – place buckets upside down in an area. Players need to knock them down quickly with beanbags or balls (by thinking about speed and distance) or aim to land them on top of the bucket.

Swing 'n' hit – this game is played in pairs. Player one sits, player two stands, holding a selection of small equipment, like beanbags. As they drop each item, player one tries to bat it away with their hand with a pendulum action or a sideways action. Try sitting on a space hopper to enhance core stability.

Safety: make sure players throw/bat away from others.

equipment

Nearest the pin – coloured poles, Swing 'n' hit – buckets, all games – selection of small throwing equipment like beanbags, balls, koosh balls, throwing scarves, throwalls.



sporting connection



The swinging pendulum motion you'll need to knock the ball away in Swing 'n' hit is a lot like the motion that golfers use.

did you know?

Peggy Abbott became America's first women's Olympic Golf Champion thinking she was competing in the Paris Open.

wider club activities

hit the targets

Skills	Example
Thinking me	Think about a new skill or game you have learnt today and try practicing it at home. Have you been able to get better or have you beat your score?
Social me	This week, we need some volunteers to discuss with the headteacher how we could share some of what we do during an assembly. (The club leader can help volunteers by arranging a meeting with the headteacher for the children and develop some questions with the volunteers that they could use at the meeting.)
Healthy me	For next week, let's think about what it is about our club that makes us each feel good and happy.
Physical me	At next week's club session, let's share some of the new activities you have tried during the week, at home, school or playing out.
Creative me	Could we design a healthy eating advert for the rest of the children in our school using the information on the Change4Life website?

space

- Stand closer or further away from the targets
- Use larger/smaller targets
- Place targets further apart/closer together
- Make targets larger/smaller

task

- Throw in different ways – overarm, underarm, two handed, one handed
- If the target is low, kick or roll the ball
- Try 'Nearest the pin' blindfolded
- Play each game standing, sitting or kneeling

equipment

- Try throwing equipment such as beanbags/koosh balls/scrunched newspaper balls (things that won't roll away and be awkward to pick up)
- Try different targets, like boxes, bins or even chalked marks on floor
- Players with limited mobility can use a ball-sending ramp

people

- Play as individuals
- Play in pairs
- Play using different roles, e.g. judge, scorer, game designer
- Visually impaired players can have a caller positioned beyond the target who helps them judge where the target is and how close they're getting to it