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

STTEP

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

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.

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

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?

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For further support on any of the activities please also visit: https://www.specialolympicsgb.org.uk/spo rts/motor-activities-training-programme

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary