

Week # Lesson # Title	Safety Requirements Equipment	Learning Goal(s) Success Criteria	Ophea Resources & Supports
<p>Week #1</p> <p>Lesson 3/4</p> <p>Title: Skills & Strategies</p> <p>This week's focus for P/J/I is on skills, concepts and strategies in the game category of Target Games. Target Games are games in which the learner propels an object, preferably with a high degree of accuracy, at a target.</p>	<p>Safety:</p> <ul style="list-style-type: none"> Space where the movement activity is to take place large enough for the number of learners and required movements. Surface where the movement activity is to take place a non-slip surface. Space where the movement activity is to take place free of obstacles. 	<p>Primary Focus: Send an object with aim and accuracy to a target</p> <p>Junior & Intermediate Focus: Continuing the target game progression from Week 2 – Lesson 2, but focusing more on game tactics</p> <p>Learning Goal: We are learning how to send a variety of objects with control when playing target games alone and/or with others to have fun & success.</p> <p>Success Criteria: (Reference video for examples/demonstrations of Look fors)</p> <ul style="list-style-type: none"> I can choose an object I can successfully send. I can look where I will send the object. I can aim where I will send the object. I can use a body part to receive the object. I can adjust my next move accordingly to the learner I am playing with or against. I am trying my best while having fun (linking to social-emotional learning skills). 	<p>Ophea Resources & Supports:</p> <p>PlaySport https://www.playsport.net/</p> <ul style="list-style-type: none"> Target Activity: Archers Away Target Activity: Bull's Eye <p>H&PE Curriculum Resources: Grades 1-8 https://teachingtools.ophea.net/lesson-plans/hpe-new</p> <ul style="list-style-type: none"> Grade 8 – Four Square I Like To Move It (adaptation) <p>Learn to Move: Fundamental Movement Skills Activity Cards & Posters https://teachingtools.ophea.net/supplements/learn-move/posters/movement-skills</p> <ul style="list-style-type: none"> Target Activity Card & Poster

Primary Game: Adaptation to Ophea's PlaySport Resource: [Target Activity: Archers Away](#)

Primary Focus: Send an object with aim and accuracy to a target.

Equipment:

- Empty cardboard box, hula hoop
- Material for hanging the hula hoop (e.g. skipping rope, yarn, tape)
- Objects to send (e.g. rolled up sock, ball, stuffed toy, pool noodle)
- Object to mark throwing lines (rolled up towel, tape, chalk, long branch)

Set Up:

- Create 3 lines throwing lines.
- If using the cardboard box, cut out the bottom and suspend it against a closet door/doorway.
- If using a hula hoop, suspend it so that it is hanging.

How To Play Alone:

- Send the object into the hanging target from the first throwing line.
- If successful, move to the next throwing line, etc.

How To Play w/ Another Learner:

- Learners play against each other taking turns sending their object through the hanging target.

Extensions:

- Suspend (from a tree, top of door or door opening) an object (as list above) with large opening and send object through; add more than one suspended object (different sizes) at different heights; add obstacles in front of the targets.

Look Fors (Success Criteria):

- I can look where I will send the object.
- I can aim where I will send the object.
- I am trying my best while having fun (linking to social-emotional learning skills).

Junior Game: Adaptation to Ophea's PlaySport Resource: [Target Activity: Bull's Eye](#)

Junior Focus: Continuing the target game progression from last week, but focusing more on game tactics.

Equipment:

- Tape/hoop/rolled up towel/skipping rope/rope to create lines for a Bull's eye
- 5 objects to send for each learner (e.g. rolled up sock, ball, stuffed toy)

Set Up:

- Create 1 large Bull's eye on the floor/ground. (from outside-in, 3 circles, 1 large, 1 med, 1 sm)
- Establish a point system (e.g. 1pt for large circle, 2 pts. for med., 3pts. for small inner circle)
- Set up throwing line/mark, 10 paces from the bull's eye (or # of paces relative to your age)

How To Play Alone:

- Standing behind the line, the learner makes an underhand throw toward the bull's eye.
- Score the highest number of points with the five objects.
- NOTE: For any object that lands on a line, the participant scores the lower number.

How To Play w/ Another Learner:

- Learners take turns, throwing toward the bull's eye (as above), trying to score the highest number of points with their five objects.

Extensions:

- Increase distance between throwing line and target
- Use non-dominant hand
- Use a different shape for the target
- Send object in different ways (slide, roll, with one eye closed, overhand throw, under one leg)

Look Fors (Success Criteria):

- I can apply a controlled force to send an object as close as possible to the target.
- I can throw for distance and accuracy.
- I can create a plan to increase my chances of success.

Intermediate Game: Adaptation to Ophea's H&PE Curriculum Resources: Grades 1-8: [Grade 8 – Four Square I Like To Move It \(adaptation\)](#)

Intermediate Focus: Continuing the target game progression from last week, but focusing more on game tactics.

Equipment:

- Large box, bucket (a target that can move across the ground/floor).
- Objects to send that is (e.g. rolled up sock, small balls, small stuffed toy)
- Tape, rolled up towels

Set Up:

- Mark off a square using pylons/ lines on the floor/ chalk lines on pavement/rolled up towels.
- Place the large target ball in the middle of the square.

How To Play Alone:

- Learner stands anywhere on the outside of the square.
- Learner to send their object to move the target within the square. Learner can send the object as many times as needed.
- Objective is to move the target across the floor/ground within the square, and touch all 4 sides of the square without going out of bounds.
- Underhand throw only.

How To Play With Another Learner:

- If playing with another learner, determine which side(s) of the square belong to them.
- Learners take turns sending their object to the target.
- Objective is for the learner to move the target across the opponent's side/line.
- If successful, the learner receives a point and plays again by placing the target ball back into the middle of the square.

Extensions:

- Use a lighter/heavier target to decrease/increase the amount of force needed to move the ball.
- (alone) move target with fewest amount of throws / shortest time- Increase/decrease the size of the square.
- Change the size of the objects being thrown.
- Use the non dominant hand.
- Place a small object (e.g. water bottle, bowling pin) at the line and the target has to be moved to knock down the object.

Look Fors (Success Criteria):

- I can apply a controlled force to send an object as close as possible to the target.
- I can throw for distance and accuracy.
- I can create a plan to increase my chances of success.

Accommodations and Modifications:

Accommodations:

- Increase/decrease the size of the target.
- Increase/decrease the size of the object.
- Think about providing the instructions in a different way (e.g., through a demonstration, or even visuals)

Modifications:

- If the learner has fine and/or gross motor challenges, consider changing the expectation of sending to a target to having the learner drop the object in or on the target.
- Change the expectation of sending the object to the target by creating a new expectation where the learner has to do a matching activity. For example matching the object to the target (e.g., blue ball goes in the blue bucket, red ball goes in the red bucket).

P/J/I Guiding Questions (embed social-emotional learning skills):

1. What are effective ways to ensure aim and accuracy when sending your object to the target? (A1.6)
2. When playing with an opponent, how can you control/force your opponent to play a certain way to your advantage? (A1.4)
3. If someone watched you play the game, describe how they could tell if you were having fun? (A1.1)
4. What strategies did you use when you were having challenges sending the object to the target? (A1.3, A1.6)