

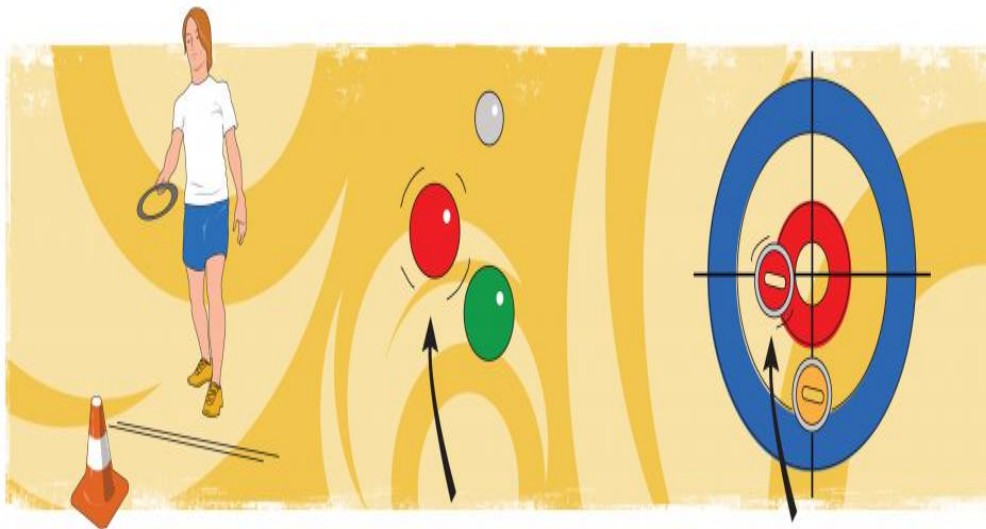
Target Activities

Activity

Resource: Learn to Move

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

Activities which require accuracy and control. Players attempt to send an object to a target, while avoiding obstacles, to get their object closer than their opponent's to the target.



Progression

Simple

- Close proximity to target (offensive)
- Sends and aims for accuracy towards a target of appropriate size and distance

Moderately Complex

- Avoiding Obstacles (offensive)
- Manipulates an object with spins/turns to avoid and get around obstacles

Complex

- Defending Space (defensive)
- Defends space by placing obstacles in the way to make it difficult for the opposition to hit the target in order to maintain an advantage

Living Skills Connections

- What skills did you use to overcome obstacles in the game?
- What did you do to keep trying your best?
- What are different ways to work together as a team?

These strategies transfer to:

- playing bocce
- playing bowling
- playing wheelchair curling

Tactical Awareness

- What are effective ways to try to avoid obstacles when aiming for a target?
- Why is it important to use different amounts of force?
- What are effective ways to ensure aim and accuracy of your shots?