

Archers Away

Activity

Resource: PlaySport

Division(s): Intermediate Senior

TGFU Category: Target Games

Locations: gymnasium, multipurpose room, outdoor space (e.g., field, tarmac)

Game/Sport Connections

Target games are activities in which players send an object toward a target while avoiding any obstacles. By playing these games, participants develop skills and tactics to play other target games or games that require the application of similar skills, concepts, and strategies (e.g., archery, bocce, bowling, croquet, curling, golf, horseshoes, shuffleboard, Snow Snake).

Activity Overview

Participants learn about and practise aim and accuracy as they send an object toward targets different distances away.

Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies for effectively sending an object toward a target. Note that this list is not exhaustive and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Manipulation skills and effort awareness: applying an appropriate force to send the object toward a designated target (e.g., send the object overhand with a strong force for it to go through the hoop).
- Body awareness: understanding which parts of the body move and how to move them (e.g., standing with the body facing the target, pointing with the non-dominant hand, holding the object to the side of the head, stepping with the foot opposite the sending arm, and following through).

Movement Strategies

- Activity appreciation: learning about the game and appreciating the game's structure, rules, and skills needed to participate successfully (e.g., participants are able to change the equipment or move the sending line to the desired level of challenge to provide the opportunity for success).
- Application of skill and performance: understanding the skills that need to be applied to be proficient in the game (e.g., applying different ways to send the object successfully toward a designated target).

Considerations

- Incorporate some or all of the variations listed in the "Variations" section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

Equipment

- 1 hula hoop per group
- 1 – 3 sending object(s) per group (e.g., pool noodle maximum of 3'/100 cm", rubber chicken, beanbag, tennis ball, disc)
- 3 floor markers per group (e.g., rubber spots, cones, pylons, skipping ropes, tape)
- Material for hanging hula hoops (e.g., skipping rope, rope, bungee cord)

Safety

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

How to Play

- Divide participants into small groups (e.g., 3 – 4).
- Have groups hang their hula hoop (e.g., on the basketball net, goal post, climbing equipment) at a height from the ground chosen by the group.
- Groups set up 3 sending lines at different distances from their hula hoop using floor makers (e.g., rubber spot, cone, pylon, skipping rope, tape). Participants can alter the distance to their hoop throughout the activity.
- Participants choose the object to send.
- In turn, each participant positions themselves at a sending line of their choice and attempts to send their object through their hula hoop.
- After a predetermined number of attempts at sending the object through the hoop, participants change their sending object and groups change the height of their hula hoop from the ground (e.g., higher or lower).
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having groups share their variations and select another variation to try with their group.

Video: Visual Depiction of the Activity Instructions

Video link

Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- How do you choose to send your object to be successful at sending it through your hoop?
- When sending the object, how does the force change when you send from various distances?
- What is the position of your body – and how do your body parts move – to send the object with aim and accuracy?
- What strategy can you use to improve your aim and accuracy?
- How can you apply the same concepts, principles, and skills to other target games you have played?

Variations

- Set up multiple hula hoops. If there aren't enough basketball nets for the number of participants, participants can tape their hula hoops to the wall or hang them from alternative structures.
- Strike the hula hoop with the object to be successful rather than having to send the object through the hula hoop.
- Use a smaller hula hoop.
- Use a point system for each of the sending lines (e.g., closest line = 1 point, next line = 2 points, etc.) and create either individual or team challenges for the group.