

# Bull's Eye

*Activity*

**Resource:** PlaySport

**Division(s):** Primary Junior

**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 sending an object toward a target to score the highest number of points.

## Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies to send 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 a controlled force to send an object as close as possible to the target (e.g., standing facing the target and performing an underhand throw by swinging the throwing arm back while stepping forward with the opposite foot to the throwing arm, then leaning slightly over the extended front foot and releasing the object to follow through toward the target).

## **Movement Strategies**

Applying appropriate skills to be proficient at hitting designated targets to accumulate the highest number of points, while playing against other participants (e.g., keeping an eye on the target for accuracy and using the appropriate force when aiming for specific targets).

## **Considerations**

- Incorporate some or all 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 object to mark the sending line per group
- 5 small objects to send per participant (e.g., beanbags, foam discs, sponges, rubber chickens, badminton birdies, balls with tail for easy grip, foptails)
- Objects to make lines for 3 circles and the bull’s eye (e.g., hoops, painter’s tapes, skipping ropes, flag football belts, rubber spots for the bull's eye)

## **Safety**

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.

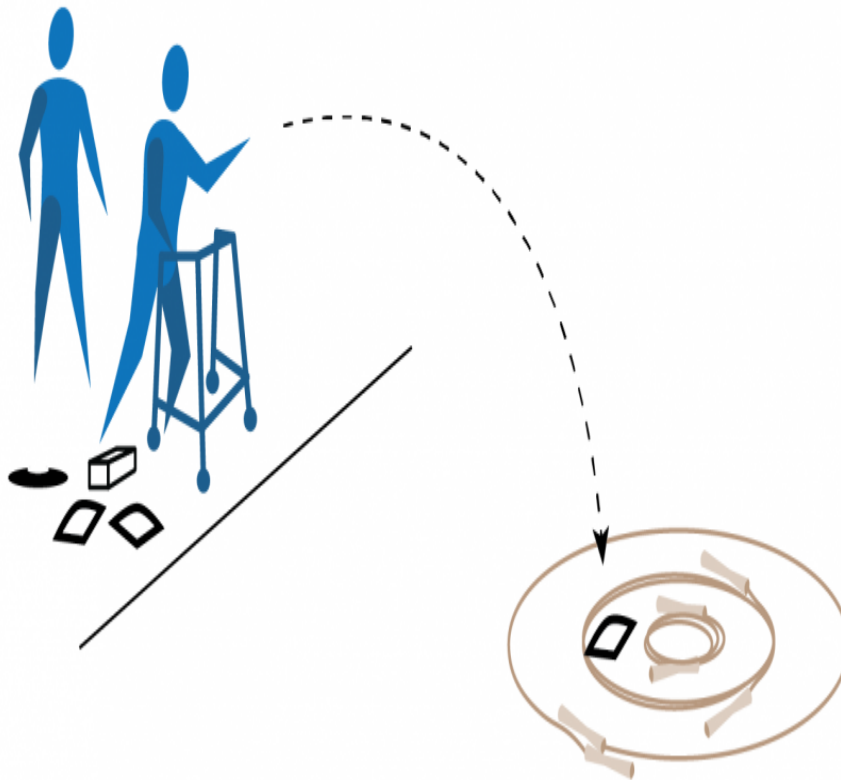
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.
- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

## How to Play

- Divide participants into pairs or small groups (e.g., 3 – 4).
- Groups create their series of targets by setting up circles outside of each other, starting with the middle circle, including marking the bull's eye with a rubber spot.
- Groups establish a point system (e.g., the bull's eye is the smallest and scores 5 points, the next circle outside the middle is slightly larger and scores 3 points, the last circle is the largest and scores 1 point). Groups may choose to adjust the targets (e.g., make them larger or smaller or change the shape) and point system at any point throughout the game.
- Each participant selects 5 small objects to send (e.g., beanbag, pool noodle foam disc, sponge, rubber chicken, badminton birdie, ball with tails for easy grip, foptail). Participants can change their selection of objects after each round of play.
- Participants choose a spot from which to send their objects. Participants can vary their spot and can increase or decrease the distance to the target at any time. The goal is for participants to challenge themselves to successfully hit the target from various distances.
- Standing behind their predetermined sending line, participants take turns sending their objects toward the target. Participants choose how they will send (e.g., toss, roll, throw, kick while keeping the object in contact with the ground).
- Participants try to score the highest number of points with their 5 objects.
- Participants continue the game by adding to their scores, declaring a winner each round, or by working together to accumulate points. Each round, groups try to beat their best score or tally all points for a final total.

- 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.

## Image: Visual Depiction of the Activity Instructions



## Pause for Learning

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

- When sending the object toward the target, how do you control the force you use so that your object lands as close to the target as possible?
- What can you do to prevent your opponent from getting closer to the target than you?
- What object do you have the most success with sending? Why?
- What is your strategy for gaining points? Do you go for several easier targets, the bull's eye, or a combination of both?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

## Variations

- Participants set up targets around the space and engage in parallel play.
- Alter the shape and/or size of the target.
- Use the non-dominant hand/foot to send.
- Attempt to send the object in various ways (e.g., one eye closed, slide/roll the object, send along the ground, send with the foot, send with an implement like a scoop).
- Play seated on the ground or in a chair.
- Establish a time limit during which participants can have unlimited "sends," adding up their scores along the way.
- Provide a scorecard to keep track of the score (e.g., a card that allows participants to add or cross off numbers).
- Participants place different rewards/prizes/tokens (e.g., small chips, beanbags, ping pong balls) in each target before the activity begins. If they send their object and land it in one of the targets, they take one of the rewards/tokens.