



April 2020

Focus/Unit: Target Games

Week 2 - Lesson 2: Receiving an Object: Tips and Tricks

Week # Lesson # Title	Safety Requirements Equipment	Learning Goal(s) Success Criteria	Ophea Resources & Supports
<p>Week #1</p> <p>Lesson 2/4</p> <p>Title: Receiving an Object: Tips and Tricks</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 and receive with your hands</p> <p>Junior & Intermediate Focus: Target game progression from Week 1 – Lesson 1.</p> <p>Learning Goal: We are learning how to send and/or receive objects alone and/or with others in a variety of ways.</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 and/or receive. 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. 	<p>Ophea Resources & Supports:</p> <p>H&PE Curriculum Resources: Grades 1-8 https://teachingtools.ophea.net/lesson-plans/hpe-new</p> <ul style="list-style-type: none"> Grade 2 - Sending and Receiving: Speed, Level and Distance Grade 5 - Indoor Target Games: Pylon Power <p>PlaySport https://www.playsport.net/</p> <ul style="list-style-type: none"> Target Activity: Pinwheel <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"> Catch Activity Card & Poster One-handed Underhand Throw Activity Card & Poster Overhand Throw Activity Card & Poster

Primary Game

H&PE Curriculum Resources: Grades 1-8

[Grade 2 - Sending and Receiving: Speed, Level and Distance](#)

Equipment: 1 object

Set Up:

- Create a throwing line and mark 3 distances from the starting line w/ tape/pylons.
- Quickly review how in Week 1 – Lesson 1 we were sending and receiving to ourselves, using the look-fors: eyes on object, and catching hands.
- Today we will send and receive an object at different distances.

Individual (Alone):

- Learner will roll the object from the starting line and then move and turn around to receive it at the first marked distance.
- Learner will repeat, and roll the object from the starting line and then move and turn around to receive the object at the second marked distance etc.

With another learner:

- Same set up as above, with Learner #1 at the starting line, and Learner #2 at the first marked distance.
- Learner #1 sends the object (either rolling/underhand throw) and Learner #2 will receive it at the first marked distance.
- Learner #1 repeats and Learner #2 will receive it at the second marked distance, etc.

Extensions:

- Could throw to wall and catch in bucket if solo.
- Receiving with a bucket/basket/box/glove/scoop/velcro mitt
- To add movement for 2 learners: after toss/catch, switch places/roles.
- To add more movement for 1 learner: try different locomotor patterns as you move to receive object, or place marked distances further away to encourage more space to move.

Look Fors (Success Criteria) for sending:

- Eyes on target and/or partner
- Turn body, shoulders facing target
- Follow through in direction

Look Fors (Success Criteria) for receiving:

- Eyes on object
- Reach out to meet objects, catching hands; still watching
- Bring object closer to body

Junior Game

H&PE Curriculum Resources: Grades 1-8

- [Grade 5 - Indoor Target Games: Pylon Power](#) (adapted)
- Play alone and/or with another learner.

Equipment: 5 objects to send (rolled up socks, stuffed animals, ball)

Set up: Place a variety of buckets (hamper/box/bucket) around the playing area.

- Assign points for different buckets.
- Learner stands at the throwing line and attempts to send all 5 objects.
- Objective to send the object to a target and get points.

Extensions:

- Play with another learner, and each learner has 5 objects. See who gets the most number of points after sending all their objects.

Look Fors (Success Criteria):

- Aim
- Accuracy

Intermediate Game

PlaySport

[Target Activity: Pinwheel](#)

- Create a large tic tac toe grid (using tape, string, rolled up towels, sticks) on the floor/ground outside.
- Create a throwing line.
- Objects (that doesn't roll) to send (e.g. small stuffed animal, bean bag)
- Alone using 3 objects: Send each of the objects and attempt to get 3 in a row.
- Play w/ another learner (each learner has 4-5 objects, make sure each learner can identify their own objects): Take turns sending your object in an attempt to get 3 in a row.
- NOTE: A successful attempt is when the object lands in a square without touching any of the lines on the grid. Only one object is allowed in a square.

Extensions:

- Take it outside, and find a large playing area (e.g. lawn, driveway). Run to the throwing line and send your object to the grid.
- Increase/decrease the distance between the throwing line and the grid.
- Use non-dominant hand.

Look Fors (Success Criteria):

- Aim
- Accuracy

Guiding Questions for P/J/I:

1. Which object was easier or more challenging to send to the target and why? (A1.5)
2. How did you feel when you were successful at sending to and/or receiving? What are some strategies that you can use to improve your skill in sending/receiving? (A1.3)
3. Describe how your body moves when you are sending and/or receiving.
4. How did your sending and/or receiving change as the distance, target, and/or object changed? (A1.6)