

Movement Challenges & Games

TARGET BALL

- An area is marked out about the size of a basketball court, with a line through halfway and three upside down cones or witches hats at each end.
- Divide the class into two groups.
- Each group tries to either hit their opponents from the shoulders down or tries to knock over the three cones at the end of the court with a soft ball.
- If a player is hit they join the opposite team.
- The game ends when all three cones at one end are knocked down.

Equipment: Cones, Gatorskin Balls.

Area Required: Basketball court or any area indoor or outdoor relative to size of the group.

Benefits

- Strategy (What was my strategy throwing? / what was my strategy defending my cones?).
- Agility (How did I avoid being hit by the ball?).
- Resilience (How did it feel to be hit by the ball? /Hit someone with the ball?).
- Honesty (Did I move straight away after being hit?).
- Teamwork (Did I play my best for the side I was on? Or did I always try to get back to my original team?).
- Awareness (How did I most effectively hit someone? / How did I most skilfully avoid being hit?).

How to explain the activity

- We are going to play a game of target ball.
- Each team must stay on their side of the halfway line.
- In our game we have two choices. Do we use the ball to hit players on the other team? Or do we use the balls to knock over the cones at the far end of the court?
- Every time you are hit by a ball, you have to go over and join the other team. You can only be hit from the shoulders down.
- The game ends once all three cones at the far end have been knocked over.
- Cones may not be replaced during the game.

Cues for debrief / reflection

- What was my strategy throwing?
- What was my strategy defending my cones?
- How did I avoid being hit?
- How did it feel to be hit by the ball?
- How did it feel to hit someone with the ball?
- Did I move straight away after being hit?
- Did I play my best for the side I was on?
- Did I always try to get back to my original team?
- How did I most effectively hit someone?
- How did I most skilfully avoid being hit?

How to vary the activity

- Instead of swapping teams when hit, players can run a lap around the court.
- No more than one person to protect a cone at any one time.
- Change the style of throw eg underarm only.
- If a ball is thrown and caught on the full, the thrower swaps teams.

