



Bullseye

Players in small groups roll or throw a ball to a target aiming to score maximum points.

What you need

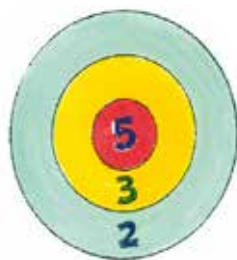
- > Indoor or outdoor playing area
- > Chalk, hoops, markers or ropes to form 3 concentric circles on the ground
- > Throw-line 3 meters from target
- > 3 bean bags (or similar non-rolling object) per player.

What to do

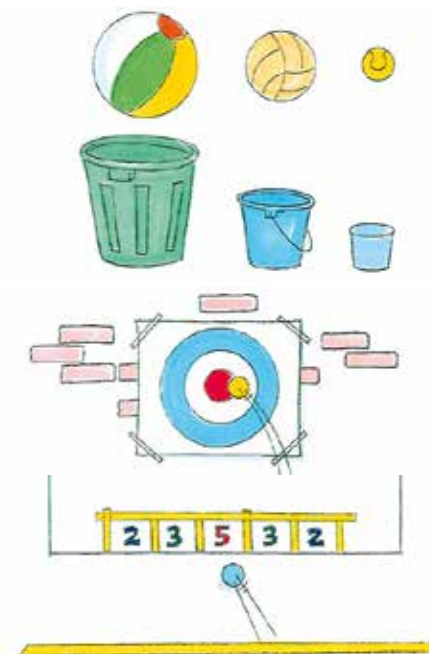
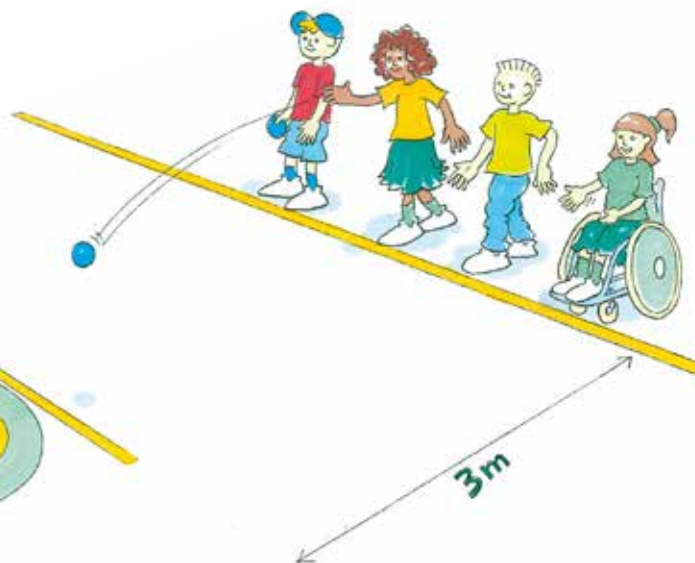
- Setting up**
- > Form small groups (e.g. 4 per group).
- Playing**
- > Each player rolls or throws the ball to the target area.
 - > One throw per player before balls are retrieved.
 - > Repeat for a given number of rounds (e.g. 5 throws for each player).

Scoring

- > Points are scored depending on where the ball stops in the target area.
- > Players note whether their score improves from round to round.
- > You may wish to set a target score, such as 20 or more, for the 5 rounds.



POINTS



Teaching tips

- > Swing your arm in the direction of the target so you end up pointing at the target after you release the bean bag.
- > Adjust the direction and force of your throw based on your previous attempt/s.

LEARNING INTENTION

Bullseye supports students to explore different ways that they can throw the ball for accuracy and control.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

CONFIDENCE

CONTENT KNOWLEDGE STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43

Coaching

- > Try pairing players and provide some 'what to look for' throwing or rolling tips. The 'observer' provides the 'thrower' with feedback.
- > The leg opposite the throwing/rolling arm is in front. A good way of coaching this is to select a role model and ask the players questions.

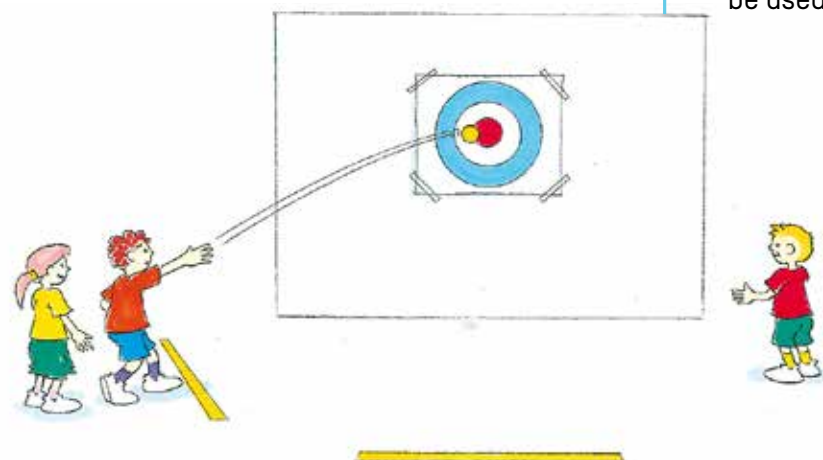


Game rules

- > Include everyone by allowing kicking. Remember the object of the game is to send a ball to a target. A kicking option opens the game to players who may not be able to throw the ball.
- > Increase or decrease the distance from the throw-line to the target. This adjustment helps to accommodate different player abilities. This option may be offered from the start.
- > If buckets are used as targets, the activity can be made harder by requiring the ball to land in the bucket.
- > Vary the method of sending the ball (e.g. throw, roll, kick, strike).

Equipment

- > Slower ball/faster ball; larger ball/smaller ball. Which is best for rolling/throwing?
- > A non-rolling object, such as a bean bag, may be used with a wall target.



Playing area

- > Making the target size bigger, or the distance to the target smaller, makes the activity easier.
- > If a wall target is used, the activity can be made harder by requiring players to stand *side-on* to the target.

Safety

- > Players do not retrieve balls until the round is finished.
- > If a target is placed on a wall, players should be aware of the rebound.
- > Ensure sufficient space between groups.

Ask the players

- > How can you change your technique if the ball is not hitting the target (e.g. force, arm swing, step-throw)?
- > What can you do if your throw is making the distance but not hitting the centre of the target (e.g. change starting point, aim/target line, release point)?
- > Which rolling or throwing technique gives the most accuracy?
- > Will your throwing technique change for a wall target?
- > What changes can you make if the ball goes too far/too short?