

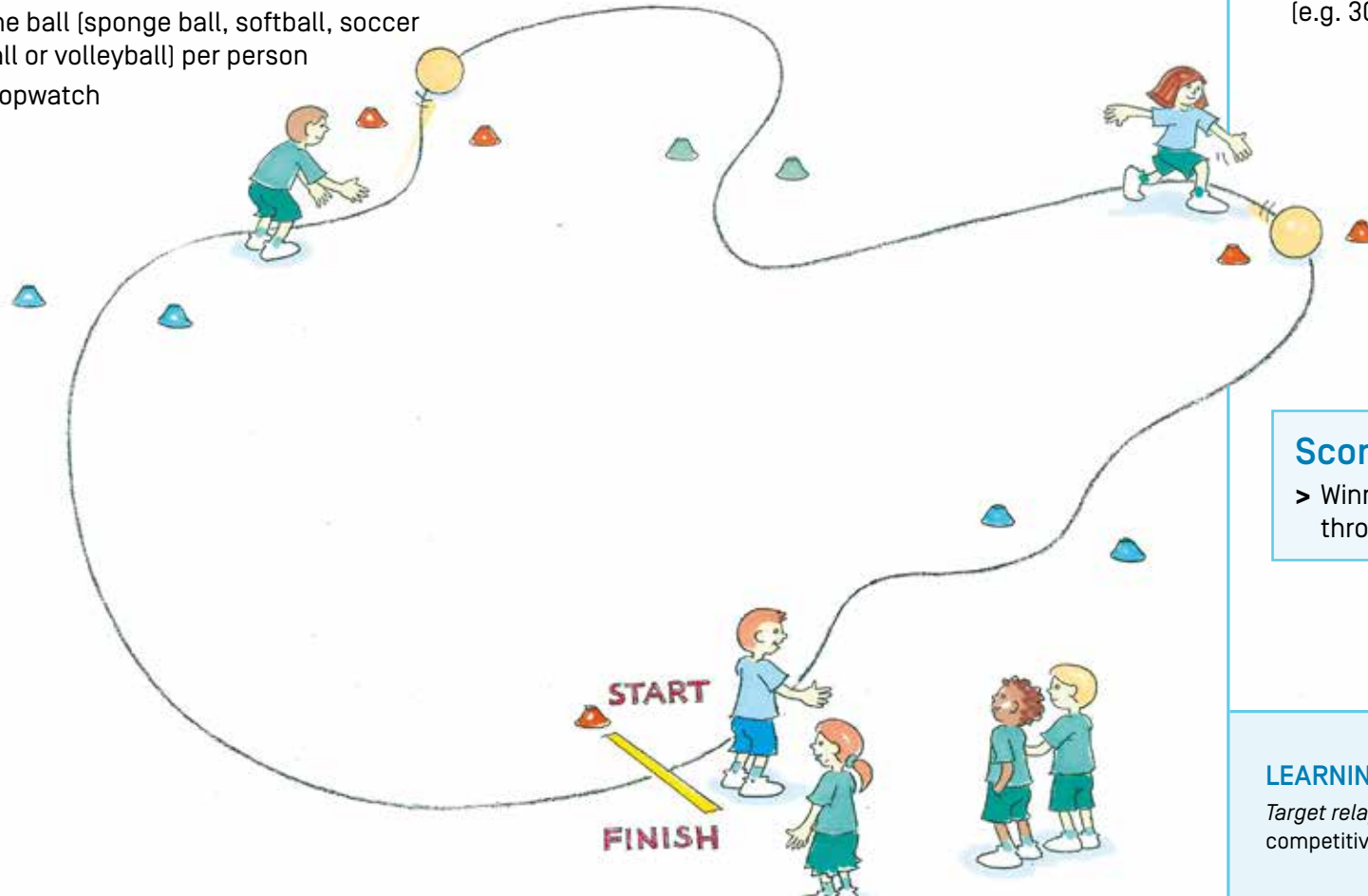


Target relay

Gates are set up over a course. Players in relay teams hit, push/roll or dribble a ball around the course passing between each gate.

What you need

- > Field markers or cones set out as shown
- > One hockey stick or similar per person
- > One ball (sponge ball, softball, soccer ball or volleyball) per person
- > Stopwatch



What to do

- > Start by pushing/rolling the ball around the course from a start gate.
- > Allow children to choose their own starting gate.
- > The game finishes when time is up [e.g. 30 seconds].

Scoring

- > Winning team is the team that has passed through the most gates.

LEARNING INTENTION

Target relay combines basic ball sending/passing with the competitive element of a relay.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION COORDINATION

SELF-PERCEPTION RELATIONSHIPS

PERCEPTUAL AWARENESS TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43

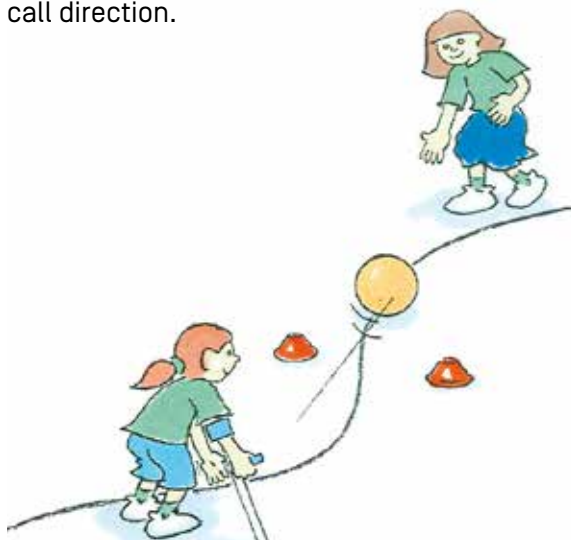
change it...

Coaching

- > Use players as role models to highlight effective skills [e.g. players who hit long and hard compared with players who hit the ball softly].
- > Use role models to reinforce dribbling skills with a hockey stick or soccer ball.

Game rules

- > **Sending variations** – whether players push/roll, hit or kick the ball will depend on ability.
- > **Hit opponent's ball** – when players have passed through the first gate, they may knock their opponents' ball away.
- > **Time limit** – try 60 seconds.
- > **Around the gate** – instead of passing through the gate, players send their ball around it in a circle.
- > **Buddy system** – Using a goalball [makes a noise] or larger ball will assist players with limited vision, or a sighted partner can call direction.



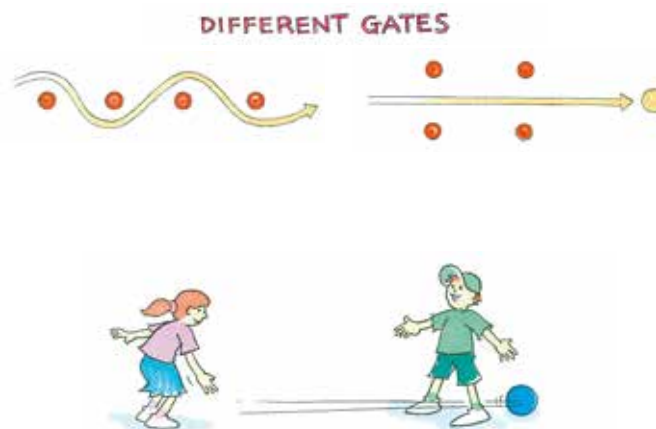
Equipment

- > **Different balls** – vary size, colour contrast shape and weight.
- > **Different hitting implement** – hockey stick, paddle bat or similar.



Playing area

- > **Gates** – vary the distance from one gate to the next, vary the width of the gate, vary the number of gates, use different configurations of cones.
- > Vary the size of the markers.



Target relay

Safety

- > **Rolling/pushing option** – players should be aware of their opponent so as to avoid collisions.
- > **'Around the gate'** option – players should move around in the *same* direction.
- > Hockey sticks must be kept close the ground.
- > No physical contact between players.
- > Watch out for other players when moving from gate to gate.



Ask the players

- > Was there a skill you didn't perform so well? What can you do to improve it?
- > How did you control the ball to avoid your opponent kicking or hitting it?
- > When did you decide to knock your opponent's ball away and when was it better to concentrate on your own?'
- > What is the quickest way to get around the course?