



Speed gate

Combines accurate rolling with speed. Players in teams roll a ball through a gate to a wall beyond. The first ball that passes through the gate and reaches the wall wins the point for that round.



What you need

- > Medium-sized balls, one per team – a variation uses goalballs (which make a noise when they roll), eyeshades and callers
- > Positional markers 10 metres from the wall
- > A wall free of obstructions – a line may be used instead

Scoring

- > Change scoring so the ball closest to the wall, but not touching it, wins. Focus more on accuracy than power.
- > The team with the most points wins.
- > Place a judge near the wall/line to decide whose ball has won.

What to do

Setting up

- > Teams are set up as shown. Keep teams small (2 or 3 players) to ensure lots of activity.

Playing

- > On the start signal, the players in the front of each team roll their ball along the ground towards the wall – it must pass through the gate to be eligible for scoring.
- > The ball must roll along the ground – add a line 3 metres from the throwing line. The ball must be rolling *before* the 3-metre line.
- > Each person has an agreed number of throws (e.g. 3).
- > The next player in line runs from behind the position marker to retrieve the ball.

LEARNING INTENTION

Speed gate is an introductory activity for other target games that require rolling a ball accurately and quickly towards an object or goal such as *Bombard* and *Gorri*.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

MOTIVATION RELATIONSHIPS

RULES TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43