



# Target, throw and run

A 'thrower' throws a ball at a target and then runs to a base and back before fielders place the ball on the 'thrower's' area. Play with 5 or more.

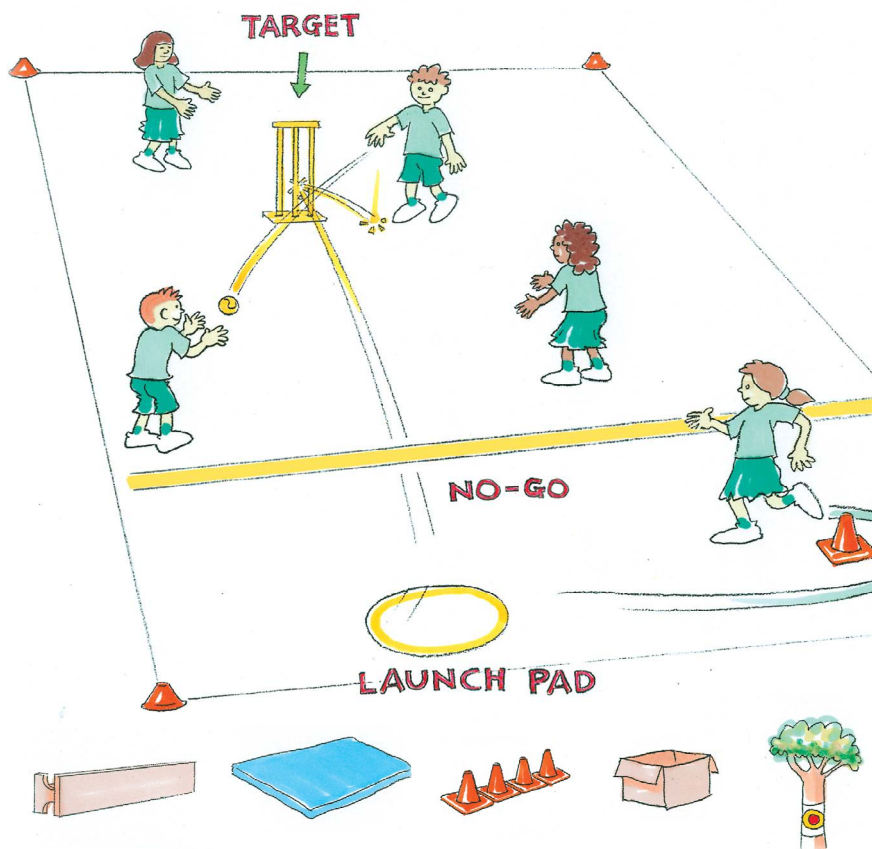
## What to do

### Setting up

- > Marked area ['launch pad'] for the thrower.
- > Fielders spread out but not on the line between the thrower and the target.
- > Set up a base about 3 metres away to run around (e.g. cone marker).
- > **Target** – choose an 'achievable' target. Experiment according to the group.
- > Any balls suitable for throwing or rolling.

### Playing

- > Ball is thrown at target and the thrower runs around the base. A bonus point is received for a hit.
- > The fielders collect and throw the ball to team-mates and attempt to place it on the 'launch pad' before the thrower returns.
- > If fielders beat the thrower, the thrower becomes a fielder and the fielder the new thrower – ensure all fielders have a turn.

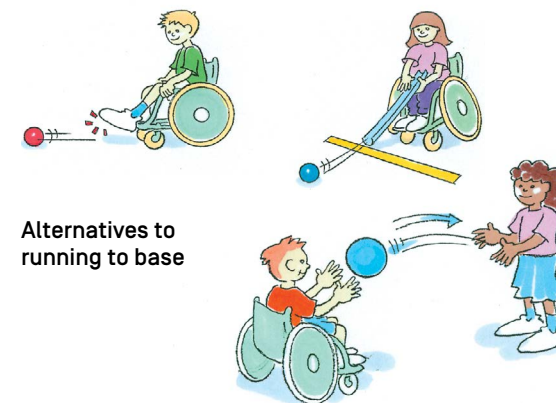


## Safety

- > Other player awareness during fielding.
- > The thrower should look out for fielders on return to the 'launch pad'.

## Change it

- > **Roll the ball.**
- > Provide targets at different distances. Each has a 'strike value' (e.g. 5, 3 and 2 points).
- > Vary the: distance to target and base; type of throw; target (type and size); and fielding position. Also try an on the spot activity (e.g. tuck jumps) instead of running.
- > Ask students to select one rule change to implement. After playing, discuss the impact it has on the activity.
- > If a player has limited use of arms/hands use a ramp to aim ball at the target. Alternatively the ball may be kicked.



Alternatives to running to base

## LEARNING INTENTION

*Target throw & run* refines accurate throwing/rolling and develops fielding skills including communication with other fielders.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION SPEED

MOTIVATION COLLABORATION

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43