

Physical Development - Building Understanding

# **Lesson 2 : Target Sports & Games**

Simon



# For this lesson you will need

- Soft ball
- Yoghurt pots
- Coloured paper
- Cushions



# Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



# Warm up...

**Stretches**

**Movement**

**Stretch, walk, jog and move in different ways to get our muscles ready to play target games (warm up can last between 2 & 5 minutes).**



# Sequences of movement...

**Dodgeball**

**Balance**

**Movement**

**Play a game of 'Dodgeball' to practise moving in different directions. Highlight the ways in which we stretch, twist and balance to dodge the ball.**



# Skills...

**Throw**

**Targets**

**Game**

**Refine and practise skills by playing 'Battleships' and creating your own game in which you aim at different targets.**



## Make it easier

- \*Make targets larger and position them closer to your child.
- \*Personalise the warm up / movements to best meet the needs of your child (less exercises / shorter duration).

## Make it harder

- \*Look at our masterclass and explore 'top tips' from International Mixed Ability players / coaches.
- \*Refine skills and coach more coordinated movements as your child aims for targets.

## More ideas

- \*Ask your parent / carer to search for a range of target sports and watch them together - which one do you like best?
- \*Design your own hole / course for foot golf / crazy golf.



# **\*STEP Principle\***

***All of our activities can be adapted using the STEP principle  
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. adjust the height and distance of targets.





# Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook or Twitter** tagging **@OakNational** and **#LearnwithOak**

