

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**

