

Lesson 2: Target Sports & Games

Physical Development - Applying Learning

Alistair



Activity Card

Target Sports & Games



Show your agility and balance in a game of dodgeball.



Set up a game of skittles using juice cartons and a soft ball.



Practice aiming for targets by playing golf or foot-golf.

Explore different ways to propel an object towards a target.

Refine your skills thinking about the direction and power of shots.

Begin to display balance and more coordinated movements.

Use problem solving skills and tactics in games such as dodgeball.



Aim for a range of different targets with pairs of socks.



Illustrations by Oak National Academy

