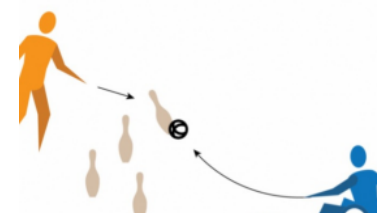


Place2Play- Knock Down The Target



Aim: Participants learn about and practice sending an object to knock down a variety of targets.

Activity Instructions

The participant who set up the targets identifies which target he or she wants to challenge his or her partner to hit.

The participant with the object throws it underhand toward the selected target.

If the participant who threw the ball knocks down a target other than the selected one, his or her partner sets that target up again and continues to do so until the chosen target has been knocked down. If no targets were knocked down, the partner retrieves the ball and the thrower tries again.

Once the selected target has been knocked down, the participant who set up the targets selects another target for his or her partner to hit.

Participants try to knock down all four targets within ten throws. After ten tries or all targets have been knocked down, participants change roles.

This game has Featured at:
Wormholt Park, Trinity way, KMP
and Danebury Avenue sessions!

Coaching Points: The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: Which target was the easiest for you to knock down and why? If you chose a target that was too difficult or too easy for your partner to hit, did that make the game fun? How did you come up with a distance and an order for hitting the targets that created the best challenge and the most fun?

Sport Connections
Contains aspects of:
Boccia
Bowling

Adaptations:

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

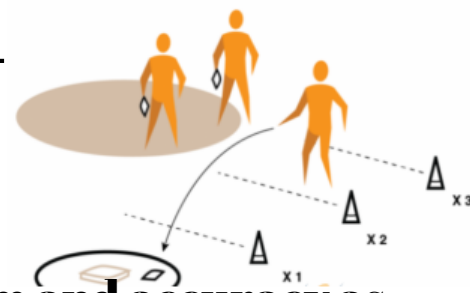
Decrease the distance between the throwing line and the target.
Use only large targets (e.g., pylon, large water bottle)
Choose which target they would like to try to knock down.

To increase the challenge, participants could:

Increase the distance between the throwing line and the target.
Use their non-dominant hand to throw the object underhand.
Send the object in a different way (e.g., overhand throw).
Use an implement (e.g., hockey stick, racquet) to send the object.
Roll the ball down a ramp.
Place an obstacle between the throwing line and the target.

Equipment: 1 hula hoop per group
1 floor marker (e.g., baseball base, poly spot) per group
3 pylons per group
1 beanbag per participant

Place2Play - 21 Target Game



Aim: Participants learn about and practice aim and accuracy as they send an object toward targets different distances away.

Activity Instructions

Participants take turns attempting to underhand throw the beanbag into the hoop and onto the floor marker from their choice of the three distances.

When the beanbag is thrown from the closest pylon and lands inside the hoop but not on the floor marker, the participant scores 1 point. If the beanbag lands and stays on the floor marker, the participant scores 2 points. The score is multiplied by two if the beanbag is thrown from the pylon at the medium distance and multiplied by three if the beanbag is thrown from the pylon at the farthest distance. Participants try to reach exactly 21 points in as few throws as possible. If a participant scores over 21 on a throw, then the participant's score goes down to 11 and the game continues

This game has Featured at:
Wormholt Park, south Acton
Park, KMP, LWS, King Edwards
and Falcon Road sessions!

Coaching Points: The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: What force or effort are you applying to your throw at the different pylon distances? How did you maintain control of the object you are throwing when you were closer to or farther away from the target? How did you choose which target to aim for? Did your strategy change as your score changed? Which sports use strategies similar to the ones used in this game?

Sport Connections
Contains aspects of:

Boccia
Bowling
Golf

Adaptations:

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.
To decrease the challenge, participants could:
Decrease the distance between the pylons and the target.
Change the object they choose to throw (e.g., rubber chicken, soft-skinned ball, beanbag).
Remove the floor marker and only use a hula hoop as the target.
Adjust the scoring system.
To increase the challenge, participants could:
Increase the distance between the pylons and the target.
Use a smaller target (e.g., a piece of tape to mark the target) within the hula hoop.
Choose a more challenging way to throw the object (e.g., using their non-dominant hand, using an overhand throw, throwing from a sitting position).
Decide which objects to throw from the different distances (e.g., a soft-skinned ball at the first pylon, a beanbag at the second pylon, a table tennis ball at the third pylon).
Set a time limit for the game and challenge themselves to see how many points they can score within that time frame



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Wandsworth



Brent

**Equipment: Tennis
Rackets and 1
tennis ball**

Place2Play Space Invaders- Tennis

Aim: Participants learn about and practice aim and accuracy as they send an object toward targets different distances away.

Activity Instructions

Play in small groups with a feeder on one side of the line/net and strikers on the other side.

Each striker has a number

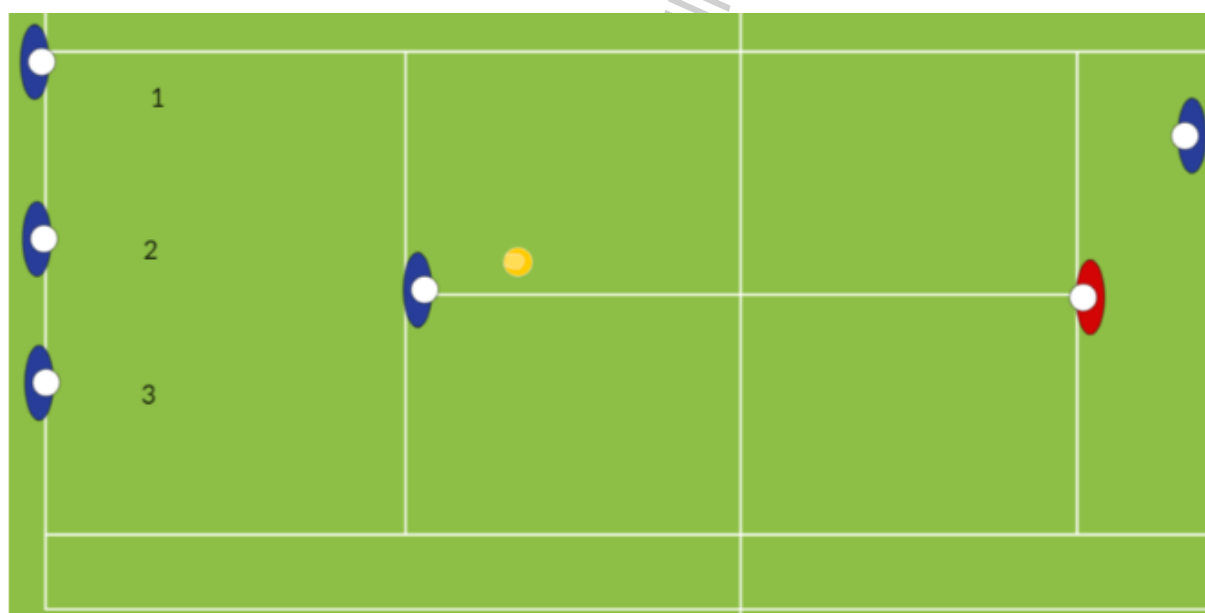
Feeder calls number; that player performs a shot over the line/net into a specific area

Good shot = Join group again;

Missed shot = Join feeder's side and become an 'Alien'

If an Alien catches a player out, they swap

The game ends when everyone is on the feeders side



**This game has Featured at: Wormholt Park, south Acton
Park, KMP, LWS, King Edwards and Falcon Road
sessions!**

Progression: Feeder shouts 'space invaders' and players race to the net and back, last one back becomes an alien.

Feeder specifies which shot e.g. forehand, volley or backhand

After a few rounds, play full court with group being allowed to hit into any court and all catchers being allowed to catch any ball and re-join a new group