Playing for all

Pairs Mini-Bocce

SKILL FOCUS

Throwing | Bowling | Accuracy

SPORTAUS

Special Olympics Australia

GAME SUMMARY:
Playing in pairs, players try to hit the target thrown by their partner.

Equipment needed:
> Coloured dots
> Balls (various sizes)
> Tape or chalk to draw a line

Game setup:
For each pair, place 2 dots beside each other approximately 1 metre apart. Give each pair one small ball (e.g. tennis ball),one larger ball (e.g. volleyball) or a ball suitable to thier ability. Players can roll the ball or throw it under-arm.
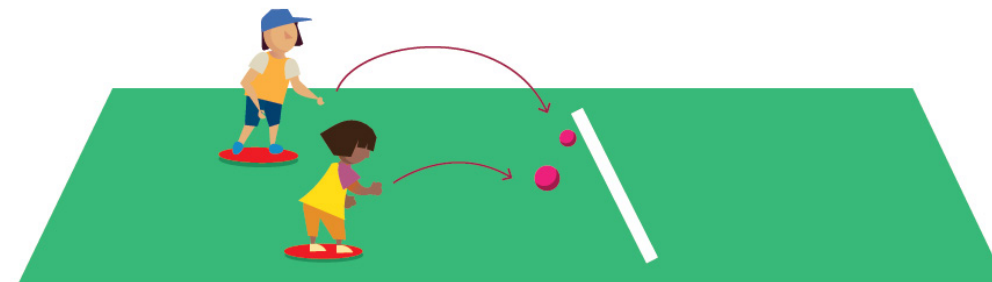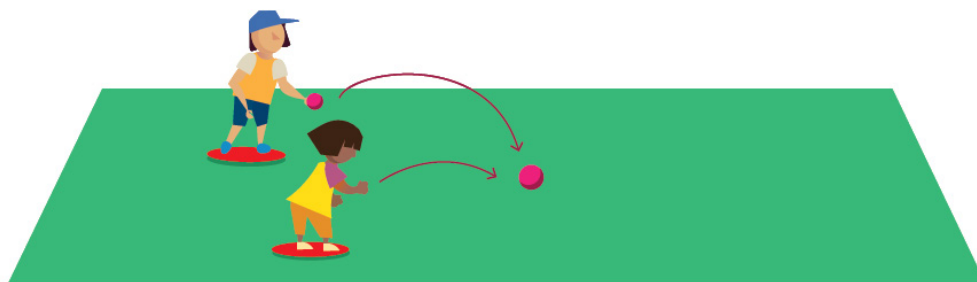
COACH INSTRUCTIONS

STAGE 1

Give Player 1 the small ball and Player 2 the larger ball.

TO PLAYER 1: "Throw/roll your ball and make it land in the space in front of you."
TO PLAYER 2: "Throw/roll your ball and try to make it hit your partner's ball."

Swap after each turn.

Scoring (optional): Players get 1 point for hitting the ball.

STAGE 2

Draw a line approximately 4 metres in front of each pair. Give each player a ball suitable to their ability level.

TO PLAYER 1: "Throw/roll your ball and try to make it land as close to the line as possible."
TO PLAYER 2: "Throw/roll your ball and try to make it land closer to the line than your partner's ball."

Players take it in turns to throw the first ball. The player who's ball lands closest to the line scores 1 point.

ASK: "How can you control how far you throw/roll the ball?"

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Self-Perception | Relationships | Tactics

AC:HPE CONTENT DESCRIPTIONS
ACPMP008 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Pairs Mini-Bocce

Rules:
> Vary scoring e.g. 10 points for landing the ball on the line. 1 point for getting closest.

> Give player 2 a second ball so they have 2 attempts at hitting the target ball.

> Change the challenge, e.g. players must land their ball as close to the ball or line without hitting it. Give a penalty for balls that hit the ball or go past the line.

Equipment:
> Vary the size of ball. Make the target ball larger or the throwing/bowling ball smaller.

> Use different equipment to make targets, e.g. golf balls, coins, frisbees.

Teaching Style:
> Use player **role models** to demonstrate effective throwing and bowling skills.

> Use **visual aids** such as picture cards of the skills you want players to perform.

> Use **questioning** to encourage players to think about their own strategies and technique.

Environment:
> Replicate game to ensure all participants are engaged.

> Make it easier by moving the target line closer, make it harder by moving it further away.

> Play indoors or outdoors. Ideally use a surface that will not allow balls to roll away.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for bocce or ten pin bowling.

SAFETY!

> Ensure the equipment used is suitable for the ability level of the players.

> Ensure a safe distance between groups.

> If you have space, have each group positioned in the middle of the playing space throwing out in different directions.

> Play must stop before a player can retrieve a ball from another group's playing space.

The Playing for All cards are based on the content of Sport Australia's Playing for Life cards. The content has been used with permission.

playing for all

Hit The Target

SKILL FOCUS

Throwing | Bowling | Shot Placement

SPORTAUS

Special Olympics Australia

GAME SUMMARY:

Players throw or roll balls towards different targets set up in the field. Points are scored by hitting targets.

Equipment needed:

> Balls (various sizes and textures)
> Variety of objects to make targets e.g. markers, buckets, cricket wickets, bins, plastic bottles, coloured dots, witches hats etc.
> Chalk or tape

Game setup:

Put players in groups of 3. Mark out a throwing line using chalk or tape. In the field, place several targets using various pieces of equipment. Have at least 1 metre space between targets. Set targets at different distances from the throwing line. If possible, group targets in the same colour and at the same distance from the thrower e.g. green targets closest, yellow targets in the middle and red targets furthest from the thrower. This establishes scoring zones.
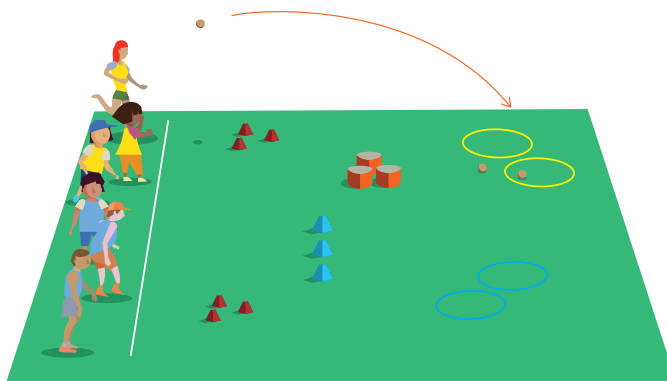
COACH INSTRUCTIONS

STAGE 1

Give the first player 3 balls. Modify your language according to how your targets are set up and the skill you want players to perform.

TO PLAYERS: *"[Throw/roll] the balls one at a time. Try to hit one of the targets in the field.". "Once you've thrown/rolled 3 balls, pick them up and give them to the next person in line."*

Scoring: Players get 1 point for hitting a target.

STAGE 2

Give the first player 3 balls. Modify your language according to how your targets are set up and the skill you want players to perform.

TO PLAYERS: *"[Throw/roll] the balls one at a time at the targets in the field. If you hit one of the [green/closest] targets you get 1 point, if you hit one of the [yellow/middle] targets you get 2 points, if you hit one of the [red/furthest] targets you get 3 points. Once you've [thrown/rolled] 3 balls, pick them up and give them to the next person in line."*

Scoring: Each player throws/rolls three balls. Add up the score as a team. Teams try to beat their score next time.

ASK: *"How will you decide which target to aim for?"*
"How will you control the distance of your [throw/roll]?"

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Motivation | Self-Regulation (Emotions) | Self-Perception | Confidence | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Hit The Target

Rules:
> Vary scoring e.g. 10 points if the ball lands on/in a target.

> Vary the scoring challenge to encourage players to be strategic about shot placement e.g. aim to get 15 points in total.

> Teams can play against another team.

> Players can kick the ball at targets.

Equipment:
> Vary the size and texture of the balls. Allow players to choose the balls they prefer.

> Use a skipping rope as the throwing line or use a coloured dot to show the thrower where to stand.

> Make it easier by adding targets. Make it harder by taking some targets away.

Teaching Style:
> Use player **role models** to demonstrate effective batting and fielding skills.

> Use **questioning** to encourage players to think about their own strategies and technique.

> Use **visual aids** such as a picture card of the skill you want players to perfom.

Environment:
> Game can be played with 2 teams using the same field. If it is too crowded, set up another field and replicate the game.

> Move the targets closer, further away or to different positions in the field. Gaps between targets can be increased or decreased.

> Play the game indoors or outdoors, on grass, carpet or a hard surface.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for tenpin bowling, bocce, cricket or softball. Modify the skill to develop kicking accuracy for football.

SAFETY!

> Ensure the equipment used is suitable for the ability level of the players.

> Players must wait until play is stopped before retrieving balls from the field.

> Ensure a safe distance between groups and between different playing areas if game is replicated.

playing for all

Boccia

GAME SUMMARY:
In teams, players try to land as many of their balls as close to a target as possible.

Equipment needed:
> Coloured dots
> Balls - 2 different colours per team
> Ball or object for the 'jack'

Game setup:
Mark out a square playing space. Play with 2 teams of 3 or 4 and coordinate the colours for each team e.g. green team and red team. Place coloured dots in a row, alternating colours e.g. green, red, green, red etc. Players stand on a dot matching the colour of their team. Give each player 2 balls of their team's colour. Choose one player to throw the 'jack' into the field to get the game started. Teams take it in turns to throw a ball and make it land as close as possible to the jack.
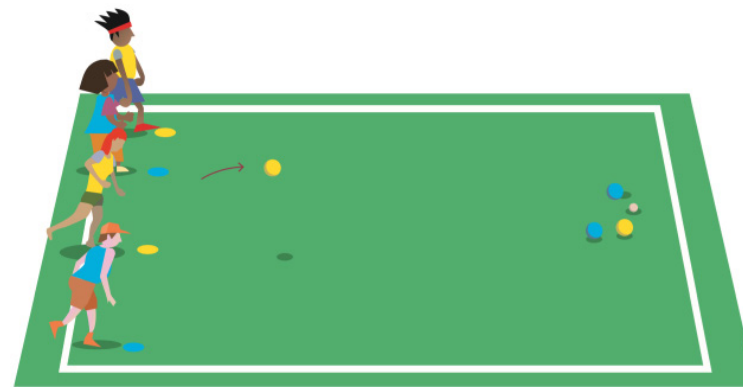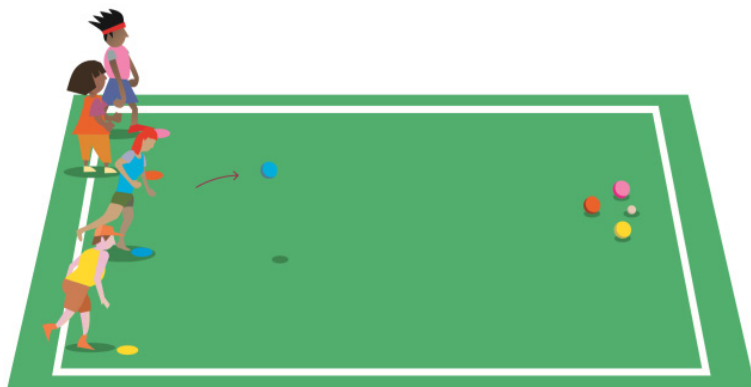
COACH INSTRUCTIONS

STAGE 1
Play individually. Get players to stand on a dot and give them one ball. Ideally each player will have a different coloured ball. The coach places the jack in the field.

TO PLAYER: *"Throw your ball and make it land as close to the jack as you can."*

Players take it in turn to throw their ball.

Scoring (optional): The player who lands their ball closest to the jack scores 1 point.

STAGE 2
Play team vs team e.g. green team vs red team

TO PLAYER: *"Throw your ball and make it land as close to the jack as you can. If your team's ball is closest to the jack, I will give you 1 point for every ball that is closer to the jack than the other team's closest ball."*

Players take it in turns to throw their ball. Ensure the teams alternate throws e.g. green team player throws followed by red team player and so on. Alternate the team who throws the jack.

ASK: *"How can you control how far you throw/roll the ball?"*
"How can you make it difficult for the other team to land their balls closer to the jack than your team?"

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Boccia

Rules:
> Vary scoring e.g. only award 1 point for the closest ball to the jack.

> Award extra points for hitting the jack or alternatively give a penalty for hitting the jack.

> Players can throw or roll the ball or use an assistance device such as a ramp.

Equipment:
> Vary the size and type of balls. Use balls with different textures and weight.

> Use different equipment for the jack e.g. bean bag, frisbee, coin.

Teaching Style:
> Use **staff helpers** to assist individuals and teams

> Use **visual aids** such as picture cards of the skills you want players to perform.

> Use **questioning** to encourage players to think about their own strategies and technique.

Environment:
> Replicate the game in an adjacent area to ensure all participants are engaged.

> Increase or decrease the size of the playing area.

> Play indoors or outdoors. Ideally use a surface that will not allow balls to roll away.

ALTERNATE SPORTS & SKILLS

Use this game to develop accuracy for bocce or ten pin bowing.

SAFETY!

> Ensure the equipment used is suitable for the ability level of the players.

> Ensure a safe distance between groups.

> Ensure balls are only thrown into the designated playing area.

> Play must stop before a player can retrieve a ball from another group's playing space.

The Playing for All cards are based on the content of Sport Australia's Playing for Life cards. The content has been used with permission.

TARGET GAMES | Boccia

Target Relay

SKILL FOCUS

Kicking | Bowling

SPORTAUS

Special Olympics *Australia*

GAME SUMMARY:
Players move around a course kicking or bowling a ball through several pairs of markers set up as 'goals'.

Equipment needed:
> Markers (different colours)
> Balls (various sizes) - 1 per player
> Chalk

Game setup:
Mark out a start/finish line. Using chalk, draw a line that loops around back to the start line for players to follow. Set up several pairs of markers or 'goals' approximately 1 metre apart, with the line going through the middle of each 'goal'.

COACH INSTRUCTIONS
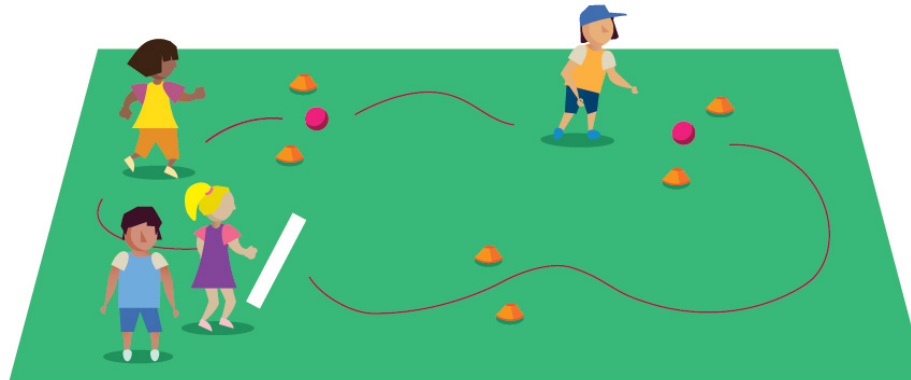
STAGE 1

Players start by standing on the starting line. Players move through the course individually.

TO THE PLAYERS: "Follow the line to the first goal. Kick/bowl your ball through the goal. Move to the next goal and kick/ bowl your ball through it. Keep going until you get back to the start line."

Give players a rest then they can go again.

STAGE 2

Players work in pairs or teams of 3. One ball per team. The first player on each team stands on the starting line with a ball.

TO FIRST PLAYER: "When I say go, take your ball and follow the line around the course. When you get to each goal, kick/bowl your ball through the middle of the markers. Keep going until you get back to the start line. Give the ball to the next player on your team."
TO SECOND PLAYER: "After the first player has started going around the course, go and stand on the starting line. When they give you the ball, it is your turn to go."

Optional: Give players a time challenge e.g. "*I will give you 5 minutes, see how many times your team can get around the course.*" Teams go again and try to beat their score.

ASK: "Where did you look each time you were aiming at a goal?"

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Coordination | Self-Perception | Relationships | Perceptual Awareness

AC:HPE CONTENT DESCRIPTIONS
ACPMP008 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Target Relay

Rules:
> For Football, players can dribble the ball between each goal.

> Vary scoring e.g. time how long it takes a team to go around twice. Or teams can count how many 'goals' they score in a set time.

> Vary the way players move around the course e.g change the locomotor movement to skipping or hopping.

> Players can move around in pairs, passing to each other between goals.

Equipment:
> Vary the size of ball. Make it easier with a larger, softer ball. Make it more challenging with a smaller, harder ball.

> Use a coloured dot to show players where they need to "shoot" from for each goal.

> Use tape or rope to mark the start /finish line.

Teaching Style:
> Use player **role models** to demonstrate effective dribbling, kicking or bowling skills.

> Use **visual aids** such as a performing a kick or bowl to demonstrate the skill you want players to perform.

> Use **staff helpers** to walk through the course with each player.

Environment:
> Play indoors or outdoors on grass or a hard surface. Play on grass or carpet to slow the speed of the balls.

> Make it harder by moving the goal markers closer together. Make it easier by moving them further apart.

> Use an existing line on the playing area if chalk is not available.

> Make the course longer or shorter to suit ability levels.

SAFETY!

> Players must all move around the course in the same direction.

> Stagger the start times to avoid congestion through the course.

> Ensure a safe distance between players.

> Ensure players kick or bowl the ball along the ground.

Ball Snake

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

Special Olympics Australia

GAME SUMMARY:

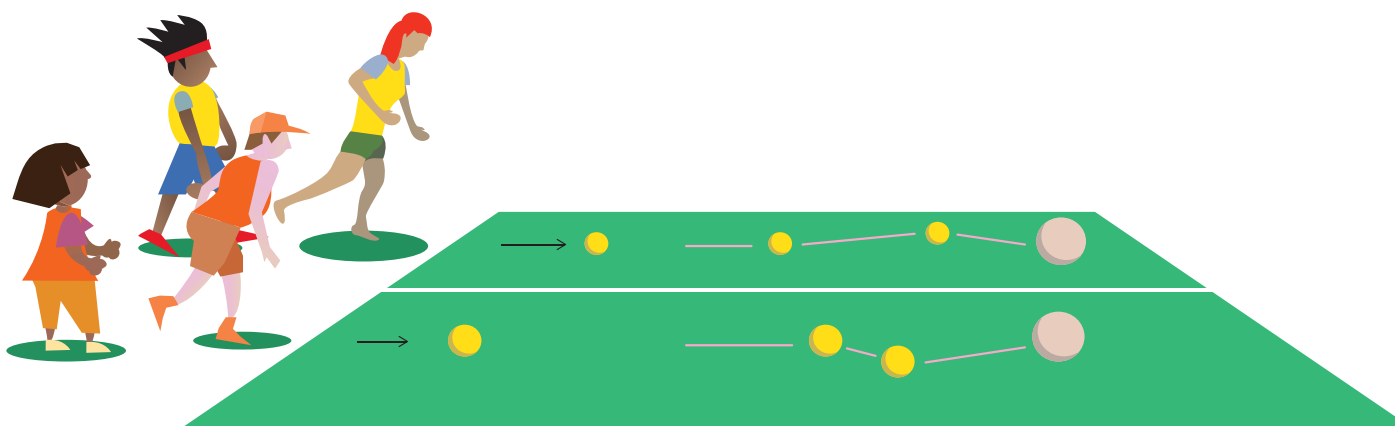Players take turns to throw balls to make the shape of a snake.

Equipment needed:

> Tennis balls or bean bags (1 per player)
> 1 larger ball per group (for snake head)
> Markers

Game setup:

Split players into teams of 2 - 4. Mark out a lane for each team. Throwers to stand behind a throwing line.

COACH INSTRUCTIONS

STAGE 1

"Take it in turns to throw your balls / bean bags. You are aiming to make a line of balls inside your team's lane like the body of a snake. The team with their balls in the longest line wins."

Measure the lines, then repeat and see if teams can beat their score.

STAGE 2

"The first person in line needs to throw the large ball towards the far end of your team's lane. This will be the head of your snake. Everyone else will then take it in turns to throw, trying to make your balls land in a line to make the snake's body. When everyone has thrown their ball, I will measure your snake from head to tail. The team with the longest snake will be the winner."

ASK: *"How will you control the length you throw your ball?"*

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Strength | Engagement & Enjoyment | Relationships | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP008 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Ball Snake

Rules:
> Teams can aim to make the longest or the shortest snake.

> The snake's head can be at the far or near end of the lane.

> Players can aim to land their ball in order, i.e. furthest to closest or vice versa.

> Change the number of players on a team.

> Players can throw 2 balls each to make a longer snake.

> Use markers to indicate a no-throw zone in front of the throwing line, i.e. so players do not drop balls just over the throwing line.

Equipment:
> Vary the throwing object – balls may continue to roll on hard surfaces so bean bags may be better to use.

> Use equipment suitable for individual players such as different coloured balls, different textures or use a goalball for noise.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Use **role models** to highlight good throwing technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Game can be played indoors or outdoors, on grass or hard surfaces.

> Vary throwing distance – expand or reduce the size of the throwing lane.

> Players can be moved forward or backwards from the throwing line to challenge players at individual level.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for bocce. Throwing can also be swapped for bowling.

SAFETY!

> Ensure a safe distance between each team's lane.

> Players need to wait until all balls have been thrown before they enter their throwing lane.

> If a ball goes into another team's lane, play must stop before they can retrieve it.

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Bombard

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

**Special Olympics** *Australia*

GAME SUMMARY:
Players throw balls at a large target ball with the aim of moving it over a line.

Equipment needed:
> Small balls (2 per player)
> 2 larger balls
> Markers

Game setup:
Players stand with their toes on the throwing line. Coloured dots can also be used to show players where to stand. Place large target ball 2 - 3 meters from the throwing line (you can call this ball by it's colour e.g. large blue ball). Give each player 2 small balls each.
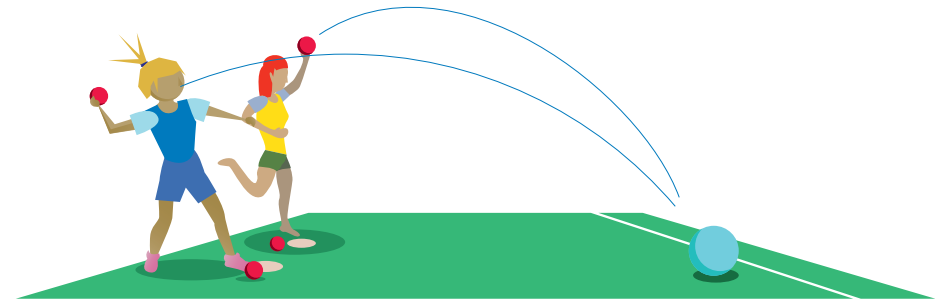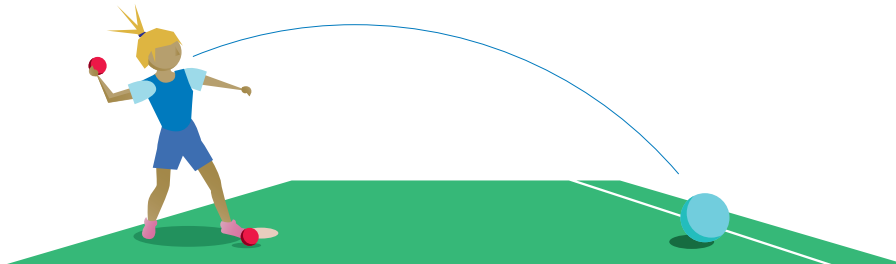
COACH INSTRUCTIONS

STAGE 1

"Throw the small balls at the large ball to make it move."

STAGE 2

"Throw the small balls at the large ball to make it roll over the end line."

"The group receives 1 point for each time the ball rolls over the line."

STAGE 3

Split the group into 2 teams with 1 large target ball for each team.

"Throw the balls at your team's large ball. The team that gets their ball to roll over the line first gets a point."

ASK: *"How can you work together to get your ball over the line first?"*

"How can you keep the ball moving?"

"What type of throw works best?"

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Engagement & Enjoyment | Content Knowledge | Tactics

AC:HPE CONTENT DESCRIPTIONS
ACPMP043 | ACPMP063

BRANCH OUT! Tips to modify Bombard

Use this game to develop other skills such as kicking, rolling or bowling at the target ball.

Rules:
> Vary the throwing technique (e.g. overarm, underarm).

> Add a time challenge, e.g. see how many times you can get your ball over the line in 5 minutes.

Equipment:
> Vary the type of target ball. Make it easier by using an exercise ball or beach ball. Make it harder by using a smaller, harder ball such as a basketball. Test each option before the session.

> Vary the type of throwing balls. Make it easier by using large balls such as volleyballs. Make it harder by using smaller balls such as tennis balls.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Give **one on one discrete coaching** to help skill development.

> Use **questioning** to encourage players to think of their own strategies.

Environment:
> To increase success, move the target ball closer to the throwing line and decrease distance to the end line.

> To challenge players, move the target ball further from the throwing line and increase distance to the end line.

> Ideally play indoors with minimal background noise.

> Position the game close to a wall to allow easy retrieval of balls.

SAFETY!

> If possible, use soft throwing balls.

> Ensure sufficient space between individual players and teams.

> No one goes into the throwing area during play.

> Do not allow players to throw balls when someone is in the playing space. Call *"STOP!"* to allow players to retrieve balls.

> Balls must be thrown below waist height.

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Playing for all

Bullseye

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

**Special Olympics** Australia

GAME SUMMARY:
Players throw or roll a ball at a target with the aim of scoring maximum points.

Equipment needed:
> Small non-rolling balls e.g. foam ball, scrunched up paper or bean bag (minimum 1 per player)
> Markers or equipment to set up 3 circles e.g. dots, hoops, ropes. **Optional:** bucket or bin

Game setup:
Set up a target with 3 concentric circles. Chalk, markers or any equipment can be used to make circles, e.g. coloured dot for centre bullseye, hoop for middle circle and skipping rope(s) for outer circle. Ask players to stand on or behind a throwing line approximately 3 metres from the target.
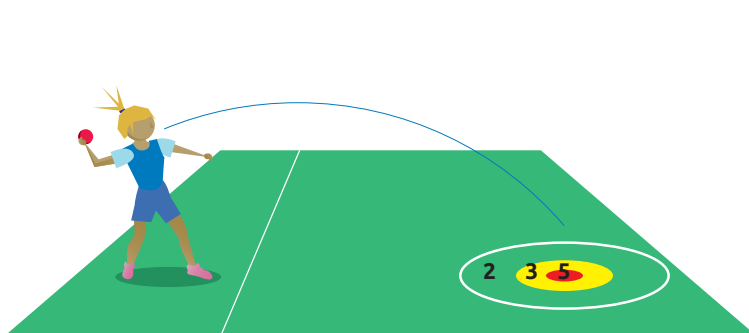
COACH INSTRUCTIONS

STAGE 1

Participants play individually.

"Throw or roll your balls at the target. Count how many times you can hit the bullseye (or centre)."

STAGE 2

Participants play individually.

"Throw or roll your balls and try to make them land on the target. If your ball lands in the outer circle you get 1 point, if your ball lands in the middle circle you get 2 points, if your balls lands on the bullseye you get 5 points."

Repeat and see if players can beat their score.

STAGE 3

Participants play in small teams of 2 - 4. Points allocated as per stage 2.

"Take it in turns to throw or roll your ball at the target. Add your scores together."

Repeat and see if teams can beat their score.

ASK: *"Which throwing or rolling technique gives the most accuracy?" "What changes can you make if the ball goes too far or too short?"*

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Self-Regulation (Emotions) | Confidence | Relationships | Content Knowledge | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP008 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Bullseye

Rules:
> Allow any technique to propel the ball at the target (e.g. rolling, throwing, kicking) to include all ability levels.

> Add a time challenge, e.g. see how many points you can score in 2 minutes.

> Change the number of points allocated for each circle to increase engagement (e.g. the bullseye = 20 points).

Equipment:
> Vary the type of balls or objects used to throw at the target. To increase success use a bean bag or foam ball. To challenge players, use a smaller, harder ball such as a tennis ball.

> Place a bucket or bin in the bullseye. Students are required to land their ball in the bucket for maximum points.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Use **one on one coaching** to assist skill development.

> Use **role models** to demonstrate successful technique.

> **Encourage** partners or team members to provide feedback to each other.

Environment:
> To increase success, move the throwing line closer to the target.

> To challenge players, move the throwing line further from the target.

> Play game against a wall using chalk or tape to mark out target.

> Vary the size of the bullseye and target circles.

ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as kicking or bowling at the target. Players can throw using bocce technique.

SAFETY!

> If possible, use soft throwing balls.

> Ensure sufficient space between individual players and teams.

> Players retrieve balls on the coach's command once everyone has finished throwing.

> If game is played with a target on a wall, participants should be aware of the rebound.

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Playing for all

Collision Course

SKILL FOCUS

Striking | Fielding | Shot Placement

SPORTAUS

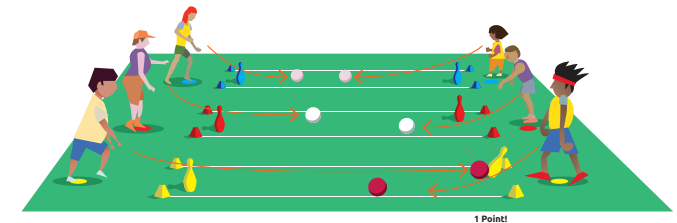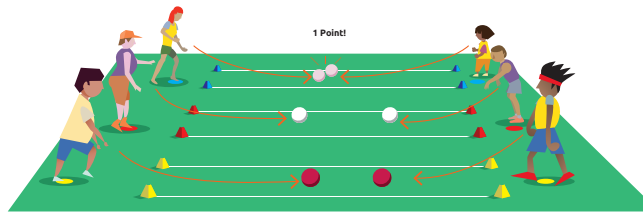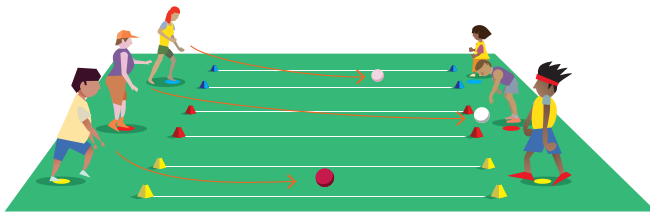**Special Olympics** Australia

GAME SUMMARY:
Players standing opposite each other bowl a ball at the same time trying to hit each other's ball.

Equipment needed:
> Tennis balls (1 per player)
> Markers
> Coloured dots
> Skittles

Game setup:
Split players into pairs. Mark out a lane for each team with a coloured dot at each end of the lane for players to stand on.

COACH INSTRUCTIONS

STAGE 1

Give a ball to the players at one end only.

"Bowl the ball to your partner at the other end. They will then pick up the ball and bowl it back."

Scoring Optional: Players count how many times they can bowl in a set time (e.g. 1 minute).

STAGE 2

Give 1 ball to each player.

"Bowl the ball down the middle of the lane at the same time as your partner. You get 1 point if you hit each other's ball."

Give a time challenge (e.g. 2 minutes). Repeat game, pairs try to beat their score.

STAGE 3

Place a skittle at both ends of each lane.

"Bowl your ball at the same time as your partner. Try to knock over the skittle at the other end. You get 1 point for each time you knock over a skittle."

ASK: *"How can you make your ball go straight?"*

FOUNDATION:
Skill Development

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COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Self-Regulation (Emotions) | Rules | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP043 | ACPMP061

BRANCH OUT! Tips to modify Collision Course

Rules:
> Play individually with skittles against a wall.

> Rotate partners after a set number of bowls.

> Play as teams – all players at the same end make 1 team.

Equipment:
> Add more skittles to increase chances of success.

> Use equipment suitable for individual players such as different coloured balls, different textures or use a goalball for noise.

Teaching Style:
> Use **visual aids** such as a picture card of a bowl to demonstrate the skill you want players to perform.

> Use **role models** to highlight good bowling technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Play on a hard, smooth surface to allow balls to roll in a straight line.

> Vary bowling distance – expand or reduce size of throwing lane.

> Individuals can be moved forward or backwards to challenge players at an individual level.

The Playing for All cards are based on the content of Sport Australia's Playing for Life cards. The content has been used with permission.

Playing for all

Corner Bocce

SKILL FOCUS

Throwing | Accuracy | Bowling

SPORTAUS

**Special Olympics** *Australia*

GAME SUMMARY:
Players work in pairs or teams to accurately place balls close to the target.

Equipment needed:
> Tennis balls or similar (2 per player)
> 1 different coloured ball per group
> Coloured dots (4 per group)
> Hoop or chalk

Game setup:
Mark out a square playing space with a coloured dot at each corner. Split players into groups of 4 and have 1 player stand on each coloured dot. Place a target ball in the middle of the playing space.
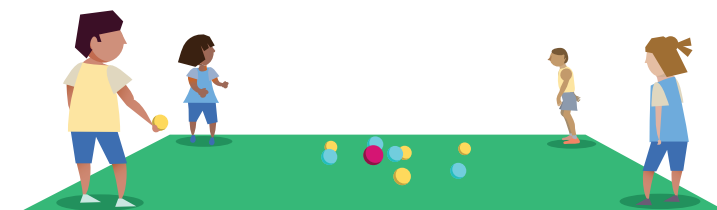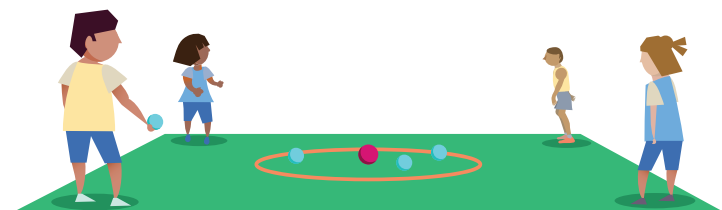
COACH INSTRUCTIONS

STAGE 1

Play individually and give each player 1 ball.

"Throw your ball and try to make it land as close to the [coloured] target ball as you can."

Retrieve balls and play again.

Scoring Optional: 1 point for the player who lands their ball closest to the target each turn.

STAGE 2

Play as a team of 4. Give 2 balls to each player. Draw a large circle or place a hoop in the centre of the playing space with the target ball in the middle.

"Throw your balls one at a time and try to make them land as close to the [coloured] target ball as you can. Your team gets 1 point for each ball that lands inside the circle."

Repeat game and see if teams can beat their score.

ASK: *"Where should you look when you throw?"*

STAGE 3

Play in pairs with partners standing on diagonally opposite corners. Give 2 balls to each player.

"Take it in turns to throw your balls. Try to land your team's balls closer to the target ball than the other team. The ball that lands closest gets 3 points, the next closest ball gets 2 points and the next closest gets 1 point."

Repeat game and see if teams can beat their score.

ASK: *"How will you control the length you throw your ball?"*

FOUNDATION:
Skill Development

⟵————————————⟶

COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Self-Regulation (Emotions) | Rules | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP008 | ACPMP025 | ACPMP043

BRANCH OUT! Tips to modify Corner Bocce

Rules:
> Players can throw underarm or bowl.

> Vary scoring, e.g. award 4-3-2-1 points or award points for each ball closer to the target than the opposition's closest ball.

> Change the aim, e.g. award or deduct points for hitting the target ball.

> Players can take it in turns to throw / bowl, or all together when the coach says *GO*.

Equipment:
> Vary the throwing object – balls may continue to roll on hard surfaces so bean bags may be better to use.

> Use equipment suitable for individual players such as different coloured balls or different textures.

Teaching Style:
> Use **visual aids** such as a picture card of a throw / bowl to demonstrate the skill you want players to perform.

> Use **role models** to highlight good technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Use a playing surface that suits the sport you are coaching, (e.g. artificial grass for bocce or hard floor for bowling).

> Vary throwing distance – expand or reduce size of playing space.

> Replicate game - maximum 4 players per game.

> If bowling, play against a wall with pairs lined up at 2 corners and aim to hit the target ball.

Playing for all

L-o-n-g Target Throw

SKILL FOCUS

Throwing | Accuracy | Fielding

SPORTAUS

Special Olympics Australia

GAME SUMMARY:
Players throw their ball at a target. If they hit the target they take a step back.

Equipment needed:
> Targets (cricket stump or witches hat)
> Coloured dots / markers
> Tennis balls (1 per pair)

Game setup:
Players work in pairs. Each pair starts with players standing on coloured dots approximately 3 – 4 metres apart with a target half way between them.
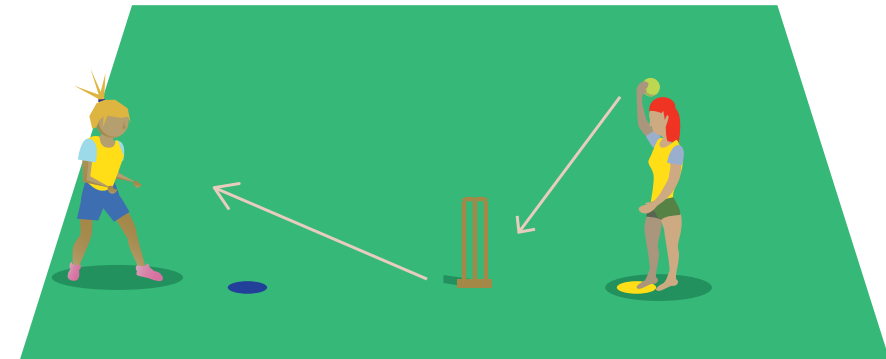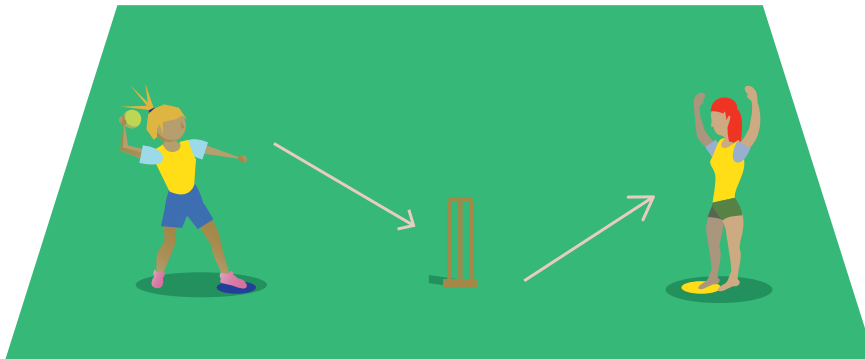
COACH INSTRUCTIONS

STAGE 1

TO PLAYER 1: *"Throw the ball at the target."*

TO PLAYER 2: *"Try field the ball before it gets past you. Pick up the ball, go back to your dot and throw it at the target."*

Players take it in turns to throw. Play for 1 minute, then move the dots back 1 metre. Repeat.

Scoring Optional: Players count how many times they hit the target in a minute.

STAGE 2

TO PLAYER 1: *"Throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."*

TO PLAYER 2: *"Try field the ball before it gets past you, go back to your spot and throw the ball at the target. If you hit the target, take a step back. If you miss the target, stay where you are."*

Play for 2 minutes. At the end of 2 minutes, players place a marker where they are standing. Repeat the game and see if players can get further away from the target.

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify L-o-n-g Target Throw

Rules:
> Play for a longer or shorter time depending on engagement of players.

> Players must take a step forward if they miss the target (only as far forward as the coloured dot where they started).

> Vary the throw, e.g. underarm, overarm, or bowl.

Equipment:
> Vary size of target, make it easier by using a wide target (e.g. set of cricket stumps), make it harder by using a narrow target (e.g. only 1 cricket stump).

> Two field markers can be used to make a 'gate' target which can be widened or narrowed.

> Vary the type of ball. Make it easier by using a larger ball.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Use **role models** to highlight good throwing technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Game can be played indoors or outdoors, on grass or hard surface.

> Replicate game – 1 game for each pair.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for cricket and softball. Balls can be bowled at the target to develop ten pin bowling skills.

SAFETY!

> Ensure a safe distance between players / groups.

> If players need to enter another pairs' playing space to retrieve a ball, make sure play is stopped.

Playing for all

Pinball

**SPORTAUS**

Special Olympics Australia

GAME SUMMARY:
A large ball is rolled and players try to hit it with a small ball.

Equipment needed:
> Field markers
> Variety of large balls
> Small balls (at least 1 per player)

Game setup:
Set up a rectangle playing space, ideally with a wall along one side to allow for easy retrieval of balls. Players stand behind the throwing line (opposite side to the wall). Coloured dots can also be used to show players where to stand. A coach or helper stands at either end of the playing space outside the line.
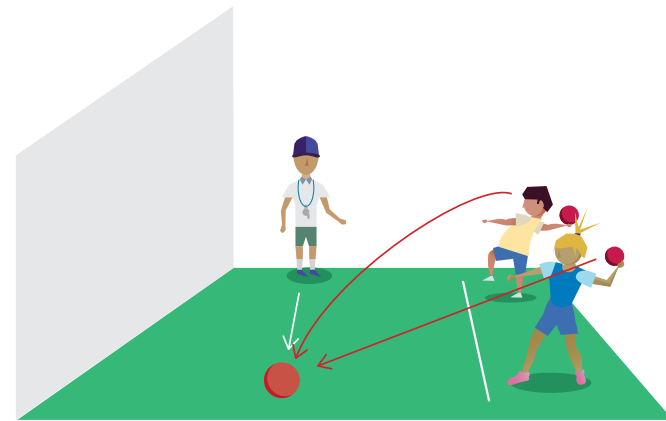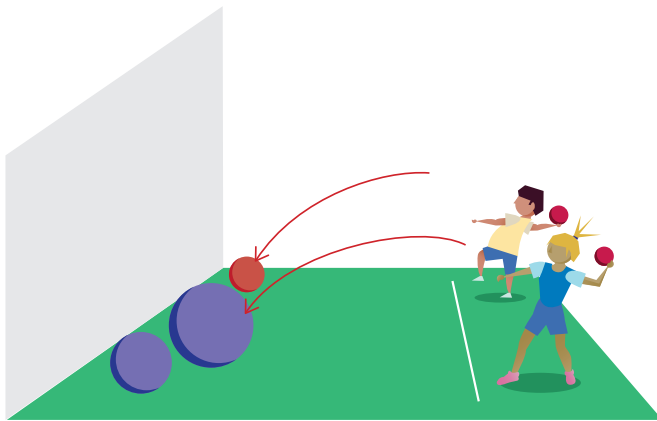
COACH INSTRUCTIONS

STAGE 1

Players have 1 ball each. Coach places 2 or 3 large balls stationary in the playing space.

"Throw your ball and try to hit one of the larger balls to make them move."

STAGE 2

Players have 1 ball each. Coach or helper rolls a ball from the sideline through the playing space.

As they roll the ball they call *"GO."*

"Throw your ball at the large ball as it rolls along. If you hit the ball you get 1 point."

Repeat, rolling the ball from the opposite side.

STAGE 3

Players have 2 balls each and work as one team. Coach or helper rolls a ball from the sideline through the playing space. As they roll the ball they call *"GO."*

"Throw your balls at the large ball as it rolls along. Your team gets 1 point if you can make the ball roll into the wall or over the line."

ASK: *"How can you work as a team to push the ball into the wall or over the line?" "How is it different when you're aiming for a moving target compared to a still target"*

FOUNDATION:
Skill Development

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Pinball

Rules:
> Vary the throwing technique (e.g. overarm, underarm, rolling).

> Roll more than 1 target ball and award 1 point for hitting either ball.

> Vary the speed the target ball is rolled, or bounce the target ball along the playing space to increase the challenge.

Equipment:
> Vary the size and type of target ball. Make it easier with a large exercise ball. Make it challenging with a smaller, harder ball.

> Vary the throwing balls. Bean bags can also be used.

> Use a target ball that makes noise such as a goalball.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> **Encourage** players to work out the best method of throwing.

> Use **role models** to demonstrate good throwing technique.

Environment:
> Vary the throwing distance by rolling the ball closer to, or further from the throwing line.

> Position the game close to a wall to allow easy retrieval of balls.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing skills for cricket and softball. Other skills such as kicking, rolling or bowling at the target ball can also be used.

SAFETY!

> The balls cannot be retrieved until an "OK" signal is given.

> Ensure sufficient space between throwers.

> No one goes into the playing space during a game.

> Use soft balls if possible.

Pizza Toppings

SKILL FOCUS

Throwing | Accuracy

SPORTAUS

**Special Olympics** Australia

GAME SUMMARY:

Players score points for landing objects or "top-pings" on a target or "pizza".

Equipment needed:

> Targets (equipment such as bases, hoops, gym mats or towels can be used)
> Markers
> Bean bags x 4 per player (or any objects that will not bounce)

Game setup:

Players stand behind a throwing line. Place targets at an appropriate distance from throwing line according to ability level. Players and teams can share a target. Give each player 4 objects to throw.

2 Points   1 Point
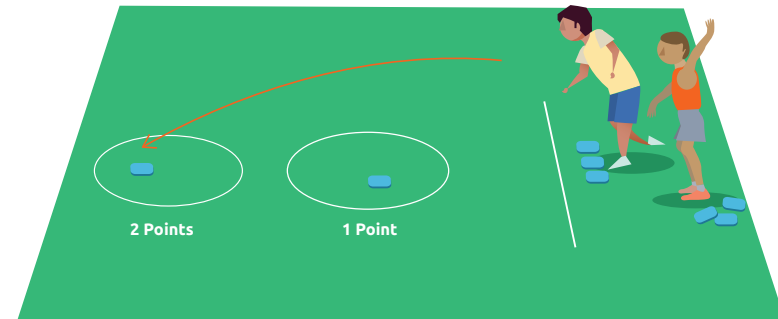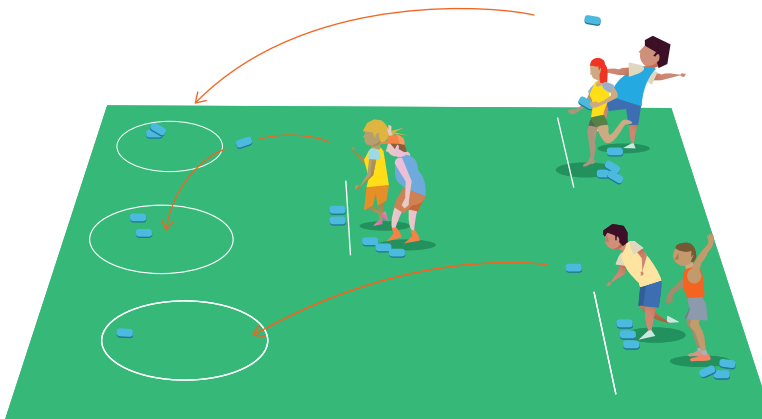
COACH INSTRUCTIONS

STAGE 1

Play individually.

"Throw your 'toppings' one at a time at the 'pizza base'. You get 1 point for each time you land a topping on the pizza."

Repeat and see if players can beat their score.

STAGE 2

Play in pairs. Set up 2 targets with the closest target worth 1 point and furthest target worth 2 points.

"Take it in turns to throw a topping at the pizza base. Your aim is to score 10 points between you and your partner."

ASK: *"How will you decide which pizza base to aim for when it is your turn?"*

Rotate partners after each round.

FOUNDATION:
Skill Development

⟵⟶

COMPLEX:
Strategies & Tactics

BRANCH OUT! Tips to modify Pizza Toppings

Rules:
> Vary scoring - add extra targets with higher points for further distance.

> Change the number of players on a team.

> Players can have more or less objects to throw each turn.

> Vary challenge – teams can aim for a set score or aim for the highest score in a set time.

> Vary the type of throw, e.g. 1 or 2 hands, underarm or overarm.

Equipment:
> Vary the size of the target, make it easier by using a large item such as a gym mat or towel, make it harder by using a small item such as a base or coloured dot.

> Vary the type of object (e.g. bean bags, coins, buttons).

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Use **role models** to highlight good throwing technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Game can be played indoors or outdoors, on grass or hard surface.

> Vary throwing distance, make it easier by moving target closer, make it harder by moving target further away.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills required for sports such as bocce. Objects can be swapped for balls and players can bowl them at the target.

SAFETY!

> Ensure a safe distance between players / groups.

> Players need to wait until all objects have been thrown before they enter the playing area.

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Playing for all

Speed Gate

SKILL FOCUS
Accuracy | Bowling | Rolling

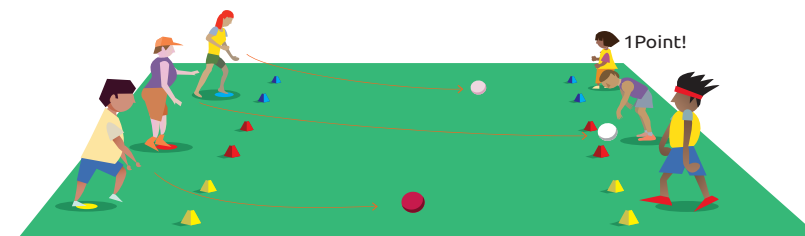**SPORTAUS**

Special Olympics Australia

GAME SUMMARY:
Players roll a ball through a 'gate' with the aim of achieving speed and accuracy.

Equipment needed:
> Markers (1 colour per team, 2 - 4 markers of each colour)
> Balls (1 per team)
> Coloured dots

1Point!

1Point!

COACH INSTRUCTIONS

OPTION 1: USING A WALL

Game Setup:
Play individually or in pairs. Players stand on a coloured dot facing a wall. Place 2 colour coordinated markers in front of each player to make a 'gate'. Give each player or pair a ball.

Coach Instructions:
"When I say GO, roll the ball through the gate to the wall. If your ball gets to the wall first you get a point."

OPTION 2: RELAY FORMAT

Game Setup:
Play in pairs or small teams. Players stand on coloured dots facing their team mates at the other end. Use colour coordinated markers to make 2 gates between each group creating a bowling lane. Give each team a ball.

Coach Instructions:
"When I say GO, roll the ball through the gates towards your teammate. If your ball goes through both gates and gets to the other end first, you score 1 point."

ASK: *"What can you do to get your ball to the end fastest?"*

BRANCH OUT! Tips to modify Speed Gate

Rules:
> Add a time challenge, e.g. see how many points you can score in 2 minutes.

> Vary the scoring, e.g. all teams get a point if they roll the ball through the gate. The fastest gets an extra point. Bonus points can be awarded for hitting a target.

> All balls must be rolling (not bouncing) through the gate to get a point.

> Vary the rolling technique, e.g. one handed or two handed roll.

Equipment:
> Place a bowling pin or witches hat in the centre of each bowling lane as a target for bonus points.

> Vary the type of ball according to the sport you are coaching.

> Use balls of a specific colour, or balls that make sound to meet needs of individual players.

Teaching Style:
> Use **visual aids** such as a picture card of a roll to demonstrate the skill you want players to perform.

> Use **role models** to highlight good technique.

> Use **one on one coaching** to assist with skill development.

Environment:
> Game can be played indoors or outdoors, on grass or a hard surface.

> Vary the size of the gates. Make it harder by making the gates narrower, make it easier by making gates wider.

> Increase or decrease the distance players must roll the ball.

SAFETY!

> Ensure a safe distance between players / groups.

> Players need to wait until all balls have been rolled before they enter the playing area.

Playing for all

Throlf

SKILL FOCUS

Throwing | Accuracy

GAME SUMMARY:

Similar to golf, players move around a course trying to throw a bean bag into a target in the least number of throws.

Equipment needed:

> Bean bags (1 per player)
> Coloured dots
> Range of equipment to make at least 5 targets, e.g. hoops, buckets, markers, gym mats, hurdles
> Print out of par numbers for each hole (optional)

Game setup:

Create a course where players move around in the same direction (e.g. clockwise.) For each target, place a coloured dot to mark the 'tee' where players must throw from. Players can all start at a different target and play individually or in pairs.

Par 3
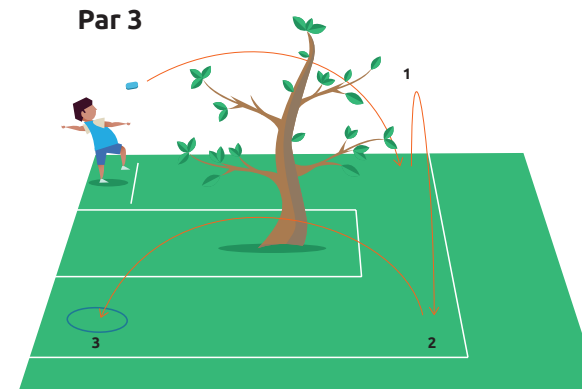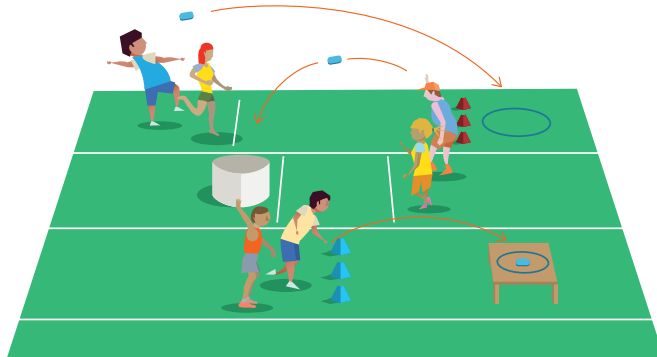
COACH INSTRUCTIONS

STAGE 1

"Stand on the coloured dot. Throw your ball and try to make it land in the target. If you miss, stand where your bean bag lands and throw again from that spot."

Scoring Optional: Players count how many throws they make.

STAGE 2

Place a 'par' number next to each coloured dot, or 'tee'.

"Stand on the coloured dot and throw your ball towards the target. If you miss, stand where your bean bag lands and throw again from that spot."

"There is a number next to each dot. Try to get your bean bag into the target in this number of throws or less. Count how many throws you make for each hole and keep track of your score as you move around the course. The player with the lowest score wins."

ASK: *"If there is an obstacle in the way of the target, how can you get around it using the least number of throws?"*

FOUNDATION:
Skill Development

⟵————————————⟶

COMPLEX:
Strategies & Tactics

PHYSICAL LITERACY ELEMENTS
Object Manipulation | Motivation | Ethics | Relationships | Rules | Strategy & Planning

AC:HPE CONTENT DESCRIPTIONS
ACPMP025 | ACPMP043 | ACPMP061

BRANCH OUT! Tips to modify Throlf

Rules:
> Vary the throw, e.g. underarm, overarm, bowl.

> To simplify scoring, give players 1 point if they hit the target in one throw (players aim for the highest score). To make it more complex, use golf scoring and add a point if the bean bag lands in a 'bunker'.

Equipment:
> Make it easier by using large targets, e.g. hoops. Make it harder by using smaller targets e.g. small bucket.

> Various equipment can be used to set up obstacles or 'bunkers'. For example, if the target is a hoop, put a gym mat in front of it to create a bunker.

> Scrunched up paper can be used instead of bean bags.

Teaching Style:
> Use **visual aids** such as a picture card of a throw to demonstrate the skill you want players to perform.

> Use **one on one coaching** to assist with skill development during the game.

> Provide **aids** such as pencil and paper to help players keep their score.

Environment:
> Game can be played indoors or outdoors, on grass or hard surface.

> Make it easier by moving targets closer to the tee. Make it harder by moving targets further away.

> Permanent things such as trees or walls in the playing environment can be used to make the holes more challenging, e.g. put an obstacle between the tee and the target, or place the target around a corner. Large objects such as chairs and tables can also be used.

ALTERNATE SPORTS & SKILLS

Use this game to develop throwing and accuracy skills for bocce, or balls can be bowled at the target to develop ten pin bowling skills. The game can also be used to develop the concept of golf.

SAFETY!

> Ensure a safe distance between each target.

> Play one at a time.

> Players must wait for their partner to move to the side before throwing.

> Make sure players wait for the player / group in front of them to move onto the next 'hole' before throwing from the 'tee.'

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