

Delivery notes

Skill development activity: Fill the kit bag

15 minutes

Learning outcome(s):

Pupils will be able to:

- aim and send a variety of equipment to reach a target
- aim and reach a variety of targets: into, on to, at
- demonstrate underarm throwing when aiming at targets
- use positional and descriptive language to support success in target games.



Resources required:

- Mats, buckets, boxes.
- Bean bags, balls, quoits and/or kooch balls (enough for four per pupil).

Downloads:

- **Star Marks card: Aiming/throwing to reach a target**

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1. Tell the pupils they are going to be footballers, tidying up the dressing room after a tournament. They have to get everything into the kit bag before they can leave. They will be competing with other teams to see who can clear their dressing room first.
2. Place the equipment around the central part of the activity area: this is the kit that has to be packed away. At the edge of the area, spread out six to eight gym mats: these are the kit bags.
3. Make up teams of three or four footballers. They have a 'kit bag' each, with a skipping rope/line roughly 2 metres away (adjust the distance according to ability).
4. On your signal, the players run and collect an item of 'kit' from the central pile. They return to their

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- line, and from behind it throw their kit to land in their kit bag. They collect another piece from the pile, return and aim again until they have had four tries. Any kit that misses must be left on the ground.
5. Once all the kit has been thrown, call out, "Dressing-room inspection!". The teams count how many pieces of kit have landed in their kit bag. How many did they achieve?
 6. Now discuss with them the **Star Marks card** for throwing to reach a target, and let them practise using the **Star Marks card** techniques. After this, the game is repeated using their new knowledge. Did they score better?
 7. Make the game a competition. This time, put a bucket or box on the mat. Teams score one point for every bit of kit that lands on the mat, and five points if it lands in the bucket/box.

Differentiation: STEP framework**Space**

- Increase the size of the target. Alter the distance from the target. Place the target on a table or bench to use space higher up.

Task

- Introduce different actions to reach the target, e.g. bounce pass, two-handed pass, one-handed pass, pass with non-dominant hand.

Equipment

- Vary the equipment being used; use of a ball will encourage rolling, bouncing.

People

- Pupils take different roles – collector, team motivator, judge – ensuring roles are swapped regularly.

Higher order questions:

- Where should you look when aiming at a target and why should you do this? (*Focusing on the target at all times ensures throw is as accurate as possible.*)
- When throwing at a target, how can you move your arms to help you? (*Swing the throwing arm backward and then forward in a straight line for accuracy; a bigger swing gives more power; keep the elbow relaxed.*)
- Did you find the mat or the bucket target easier? Why? (*Answers will vary, but may include: the mat is a larger target and therefore easier to hit, or it was more difficult to lift the bean bag into the bucket and we kept hitting the sides.*)
- Which words describe the landing position of the item you were throwing? (*In, on, behind, next to.*)