

OBJECTIVE(S)

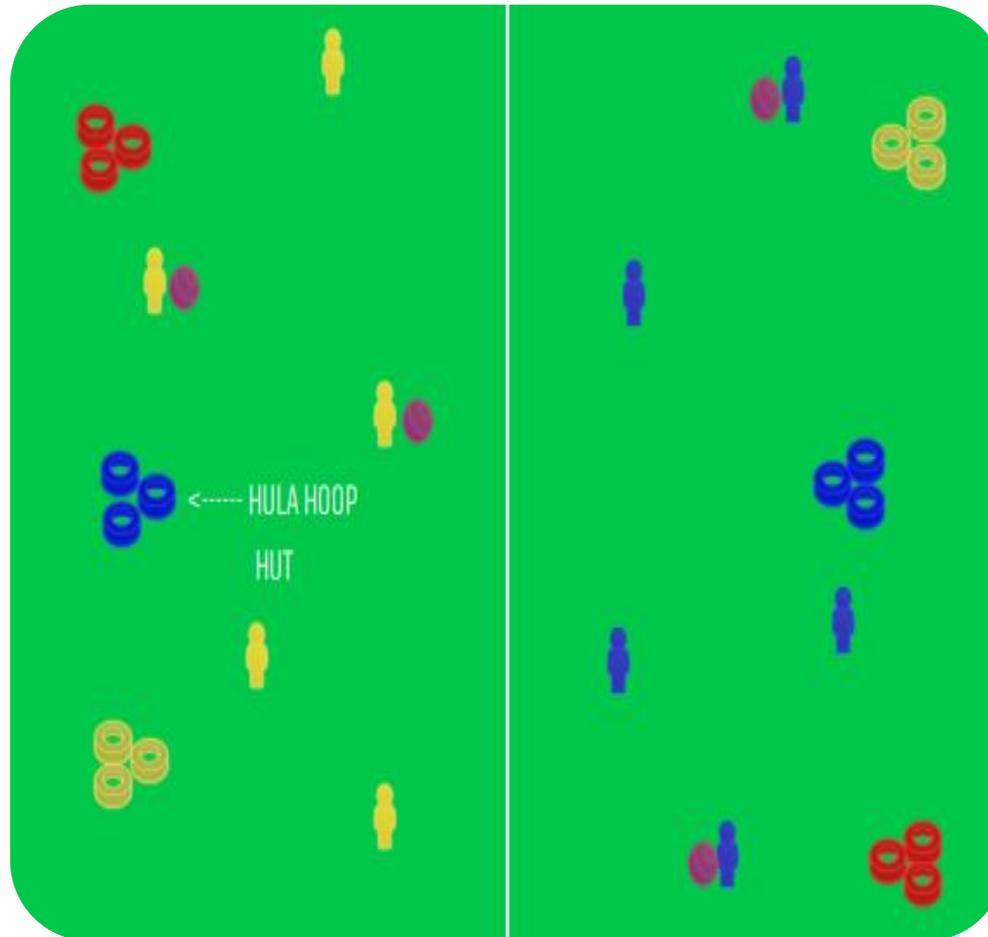
- To improve throwing at static and moving targets

THE GAME

- Split the class into teams. 2 teams will play. Each will set up 3 hula hoop huts.
- Aim will be to move around their area and protect their hut whilst at the same time try and toss their oppositions huts.
- if opponent hits the pupil on the legs or foot that person must perform 10 star jumps at the side.

COACHING POINTS

- Awareness, hand-eye coordination
- Type of throw - over arm - stand side on to the direction of throw, throwing arm moves in a downward arc, opposite foot to throwing arm steps forward, hips and shoulders rotate forward, follow through.
- Transfer of body weight to generate power.



HARDER/EASIER

- Progression - individual points system - 5 points for every hut hit
- 2 points for every opponent hit. (can add together as team)
- Progression 2 - when all huts are down the game is over.
- If opponent catches your throw, they must exit the game to the back of the opponent's team.
- If they can catch a teammate's throw before it hits the ground, they can return to the game.

CURRICULUM LINKS

- Numeracy
- PDMU - Teamwork, cooperating with others.

FOOTBALL LINK:

- Goalkeeper throwing and distribution.
- Teamwork and tactics

