

#TargetChallenge

Achieve the challenge

The aim of the game is to get your object to land on/in the target



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Make sure that the area you are playing in is clear of people.
- Make sure the items you are using are not heavy, breakable or dangerous.
- Are there any areas/objects that could get broken in the space?

Skill up

- Do different items require different types of throws?

How to play

1. Create a target for you to aim at
2. Choose an object for you to play with
3. Choose how your object is going to travel towards the target

Equipment

Essential

- A target
- An object (e.g. ball, frisbee or any other item)

Optional

- Items to use as obstacles

Spirit of The Games



Determination:

Do you give up when you don't hit the target, or do you keep trying?



Honesty:

Are you always honest about if the object hits the target or not?

Link it up

- This game helps you get better at games e.g. Archery, bowls and boccia. It also helps you score a goal, or hit a target in other games e.g. Football, Tennis, Basketball and Netball

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Roles for leaders and officials

- Check the area being used is safe
- Decide on whether the target has been hit
- Film the activity if the player taking part wants you to
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- You could use a ramp to release the object
- You could use bright colours for the targets
- Think about the weight of the object being used
- Travel with the object towards the target

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Reduce the distance of the target
- T** Create more than one target to hit
- E** Increase the size of the target
- P** Work as a team to hit the target

HARDER

- S** Increase the distance of the target
- T** Try it blindfolded or facing backwards
- E** Reduce the size of the target
- P** Race against a partner to hit the target first

Change it up

- Introduce a defender who tries to stop you hitting the target
- Aim to get your item to land in a target, or to knock a target over
- Create several obstacles in the way of you hitting the target
- Release the object by throwing, kicking, striking or any other ways you can think of
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.