

# 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 koosch balls (enough for four per pupil).

### **Downloads:**

 Star Marks card: Aiming/throwing to reach a target

## **Delivery notes:**

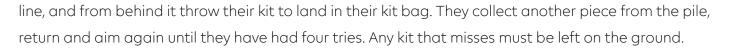
- 1. Tell the pupils they are going to be footballers, tidying up the dressing room after a tournament. They have to get everything into the kit bag before they can leave. They will be competing with other teams to see who can clear their dressing room first.
- 2. Place the equipment around the central 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

continued...



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- **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 nondominant 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.)