

Materials	Three poles or sticks, floor marker (e.g., string, ruler, etc.), three hangers
Learning Outcome	Apply target game tactics to underhand throw for accuracy to score points.

Description

Ensure there is enough space to do the activity away from any safety hazards. Find an open area and either push the poles into the ground or use something to secure them in place indoors (e.g., make a playdough base, taped to the back of a chair, etc.). Place the poles one metre from each other in a triangular shape. Place a floor marker three metres from the poles.

The youth stands by the floor marker and underhand throws each hanger, one at a time, trying to score points. Points are scored the following ways: touch the pole (1 point), land in the middle of the triangle (2 points), or land around the pole (5 points). If there is more than one player, each player takes turns throwing all three hangers.

A player wins the game when they score 15 points.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the youth the reflection questions below and discuss the answers together.

- What did you do to prepare for each throw?
- What could you do to modify the activity so there are other ways to get points?



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Reduce the distance the youth has to throw.	Youth use a ramp to roll the ball to the poles scoring 1 point if the ball stops in the middle of the triangle, 2 points if the ball makes contact with the front pole(s), and 5 points if it makes contact with the back pole(s).	Youth use a paper plate with the middle cut out of it and stand a couple of steps from the poles.	With permission, use physical cues to manually move the youth's arm through the underhand throw movement.