

<b>Materials</b>	Ball, rope or string, laundry basket, deck of cards
<b>Learning Outcome</b>	Develop core strength while demonstrating how to strike an object for accuracy.

## Description

Ensure there is enough space to do the activity away from any safety hazards. Place a laundry basket on its side with the open side facing the players. This activity requires at least two players. Ask the child to use the rope or string to create a shooting line approximately 3-4 metres away from the basket and place the ball on the line. Place the deck of cards in the middle of the shooting line. In a plank position, each player lines up behind the shooting line and on either side of the deck of cards. Each player takes turns striking the ball to make it roll into the basket. Whenever a player scores, they pick a card from the deck to count as their points for scoring.

Play for 2 minutes with players collecting a card each time they score. After the time is up, players count the total points on their cards with aces counting as 1 point and face cards counting as 10 points. Play the best of 3 rounds to determine the winner. If needed, a player can modify the plank by lowering onto their knees.

## 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 child the reflection questions below and discuss the answers together.

- *How did the plank make it harder to strike the ball than if you were standing to strike the ball?*
- *Did your ability to score change from the first round to the second and third rounds? Why or why not?*



## 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 between the shooting line and the basket.	The child lies on their stomach with a ball in front of them and raises their arms and legs while holding the ball. The child pushes the ball from their arms into the laundry basket scoring one point if the ball rolls into the basket.	Use sensory items (e.g., plastic jewels, balls of playdough, etc.) instead of cards and count each item collected as one point.	An individual holds the laundry basket and provides verbal and non-verbal cues (e.g., pointing to the basket) to the child.