



TARGET TOSS

RECOMMENDED AGE

GROUP:

- 5-7
 8-10
 11-12

ACTIVITY THEME:

Practice throwing assists

DURATION:

Prep Time: **5-10** minutes
 Activity Time: **20-30** minutes

ACTIVITY PURPOSE:

Teach children about the importance of water safety.
 Teach children about assists, their purpose and how to use them

ACTIVITY GOALS:

- Learning each other's names
 Team building and cooperation
 Building trust
 Learning a new skill
 Embracing differences and accepting diversity
 Other: Pool Safety

EQUIPMENT:

- Personal Flotation Devices (PFD),
- Pool noodles,
- Ropes,
- Construction paper and markers to make target faces (optional),
- Flutter boards or pylons for targets.

RESOURCES

ACTIVITY AREA:

This activity can be done in a multi-purpose room or gymnasium.

SAFETY:

Ensure that the paths to each station do not cross to avoid collisions among the participants.

ACTIVITY DESCRIPTION & INSTRUCTION

PREPARATION:

- ▶ Set up a number of target stations (depending on size and space of the group) in the form of a course.
- ▶ Number the stations to make it easier for the participants to navigate the course.
- ▶ Each target station can have a different challenge, e.g. distance to the target, obstacles near the target, etc.

ACTIVITY DESCRIPTION:

- ▶ Introduce the Assist to the children. Explain what it is, why it is important and how it is used.
- ▶ Have the participants start at different stations so everyone is playing at once.
- ▶ Participants move from one target station to the next (i.e. station 1, station 2, station 3, etc) tossing the Assist towards the target.
- ▶ Each participant keeps track of their own scores (i.e. the number of times they hit a target).

DISCUSSION POINTS: THE IMPORTANCE OF POOL/SWIMMING RULES

- ▶ Why it is necessary to have strict rules for swimming?



- ▶ Why is it so important to follow the pool rules?
- ▶ Why is it important to always have adult/lifeguard supervision in the pool?
- ▶ Why is it important to wear life jackets when in a boat?
- ▶ Should you run or walk on the pool deck? Why?

▶ GUIDED DIRECTION

- ▶ For a large group, divide them into teams with the same number of participants as there are target stations. Teams can compete against each other by adding up their points.
- ▶ Encourage teamwork, fair play and positive encouragement.
- ▶ Encourage and allow the participants to discuss their answers as a team.
- ▶ Ensure participants have equal opportunities to throw the assist at the target.

▶ TAKE HOME MESSAGES

We are learning about the importance of water safety. Please review the following key water safety messages with your children and enforce them at all times:

- ▶ Never play in or near a pool unattended (i.e. without adult supervision).
- ▶ A telephone and first aid kit must always be readily available when at the pool/beach/lake.
- ▶ An emergency action plan should always be in place in case of accident or injury.
- ▶ Safe play with flotation devices is important.
- ▶ Ensure that your children are aware of available throwing/reaching assists (e.g. PFDs, pool noodles, ropes, etc).

ACCOMMODATIONS & CONSIDERATIONS:

ENSURE THE TEAM LEADER HAS REHEARSED EMERGENCY SIGNALS WITH THE HEARING IMPAIRED PARTICIPANT FOR POOL ACTIVITIES