



Star Words	Definition
Power	How hard you send the object.
Accuracy	Sending the object where you want it to go.
Strike	To hit an object using your hand or equipment.
Target	Something you are trying to hit or score points on.
Personal best	Your best score that you try to beat next time.

Sticky Knowledge

Target games are games where players send an object towards a target. In this unit, pupils develop their throwing, rolling and striking skills, learning to choose the best action depending on the size and distance of the challenge. They will work individually, with a partner and in small groups to score points, follow rules and use simple tactics safely.



I can choose how much power to use when aiming at a target.
Use little power for close targets. Use more power for further targets.

I can score points using an underarm and overarm throw.
Throw underarm for closer targets. Throw overarm for further targets.

I can strike an object towards a target.
Use a bat to strike the ball forwards. Keep your eye on the ball as you hit.

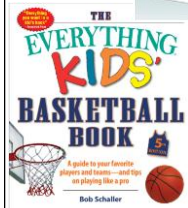


I can hit a moving target.
Watch the target carefully. Strike or throw the ball to hit it as it moves.

I can select and apply the appropriate skill for the target game.
Think about the size and distance of the target.

I can improve my personal best.
Try to reach your own score. Keep practicing to get better.

Helpful Books



Home Learning Ideas

Bowls

What you need: two players, a marker and three pairs of socks each

How to play:

- Play against another player.
- Place a target marker an agreed distance from a start line.
- Takes turns to roll or throw your sock towards the target marker.
- Whoever lands closest to the target marker wins the round.
- Play first to ten points.

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Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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