

SportSmart Skills

Activities

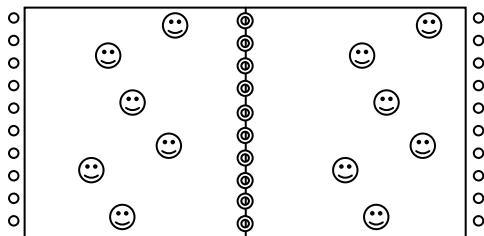
Pin it down!

Game Objectives / Learning Point

- To focus on momentum and acceleration of limbs to generate greater force in throwing object towards targets
- To focus on right execution of the overhead throw
- To focus on accuracy

Instructions

- Line up teams of 6 to 10 students.
- Each team will line 10 soft-pins on their baseline of the designated playing area or court.
- Balls placed on cones will be placed in the half court line.
- On the whistle, the team charges to the half court line to take the ball.
- Students are required to use only overhead throw to hit the opponent's pins.
- Students are allowed to defend, block and catch any balls thrown by their opponents.
- The first team which knocks down their opponent's pins fastest wins.



Safety

- Students must not throw the ball at their peers.

Participants

Teams of 6 - 10.

Venue / Space

Sport Hall

Equipment

Big balls, cones, pins

Estimated Activity Time

10 – 15 min

Fundamental Motor / Sports Skills

- Overhead Throw

Social Emotional Learning

- Relationship Management / Responsible Decision Making

Higher Challenge & Modification

- Use smaller balls
 - Which will require more force and more advanced ability to execute the overhead throw.
- Place the pins further back behind the baseline
- Have less pins