



Aim for the Target



Description: *Focuses on improving accuracy and precision in target-based activities like throwing and aiming.*

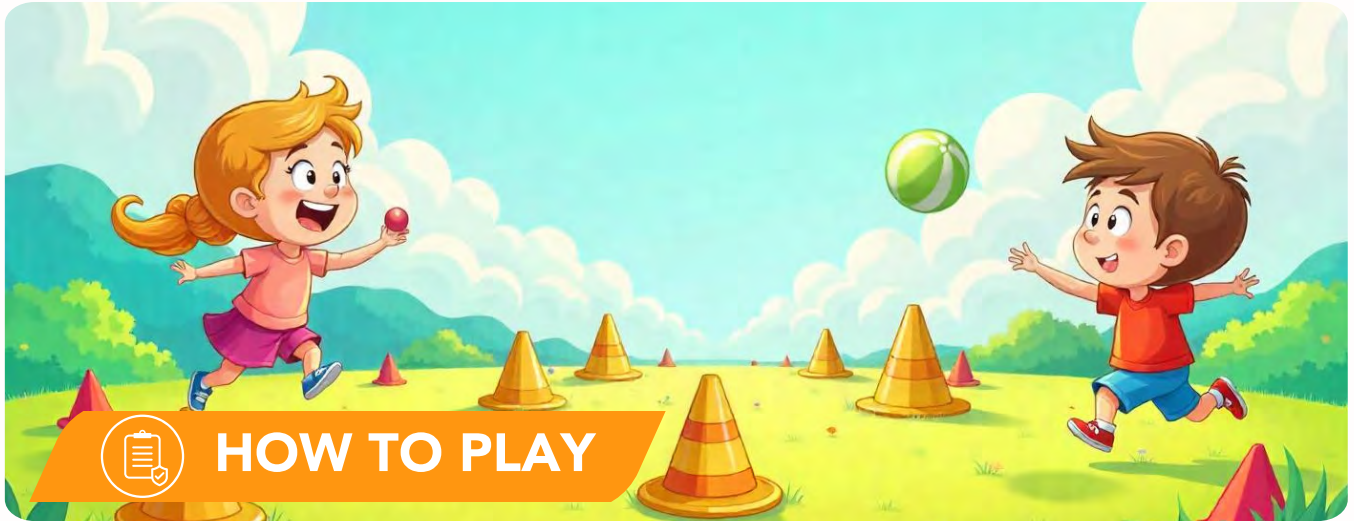
Curriculum Focus Area: *Game Sense/Fundamental Movement Skills (GS/FMS)*

Learning Intention	To explore basic techniques for aiming and throwing.
Success Criteria	I can throw a ball at a stationary target with improved accuracy. I can aim at different targets using the right amount of force.
Assessment Focus	Observing students' throwing techniques and ability to adjust their aim.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students refine and apply fundamental movement skills and demonstrate movement concepts across a range of situations. Practise and refine fundamental movement skills in different movement situations, including indoor, outdoor and aquatic settings (VC2HP4M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Throw and Stop – Students throw a ball at cones and retrieve it on a signal.	Balls, cones	How do you aim better at a target?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Target Zones: Players aim to land objects in designated zones for points.	Cones, markers	How does distance affect your aim?
Major Games			
20-35 min	Cone Knockdown: Players aim to knock over cones with thrown or rolled objects.	Balls, cones	What helps you hit the cones with each throw?
35-50 min	Hoop Toss Challenge: Players toss hoops onto targets to score points.	Hoops, markers	How can we throw consistently into hoops?
Reflection			
50-60 min	Reflect on what techniques improved accuracy.		
Safety	Use soft balls to ensure safety and maintain clear throwing lanes.		

THROW AND STOP

Theme focus: Throwing accuracy, reaction time



HOW TO PLAY

1. Each student stands behind a designated starting line with a ball in their hands, preparing to aim and throw at a set of cones placed at varying distances.
2. On the teacher's signal, students throw their ball towards the targets, trying to knock over as many cones as possible.
3. After each throw, students quickly retrieve their ball, return to their starting position, and prepare to throw again.
4. The activity continues until the teacher signals to stop, with students keeping track of how many cones they successfully hit.
5. This activity focuses on accuracy, hand-eye coordination, and quick reactions while helping students develop controlled throwing techniques.



QUESTIONS

- How did you aim your throw?
- How quickly did you stop?
- What made aiming difficult?
- How did you practice stopping faster?



EQUIPMENT

6-10 balls and 10-15 cones for obstacle-based games and drills.



MODIFY IT

Make it Easier:

Use larger targets to simplify aiming.

Make it Harder:

Increase difficulty by using smaller targets or adding more distance.

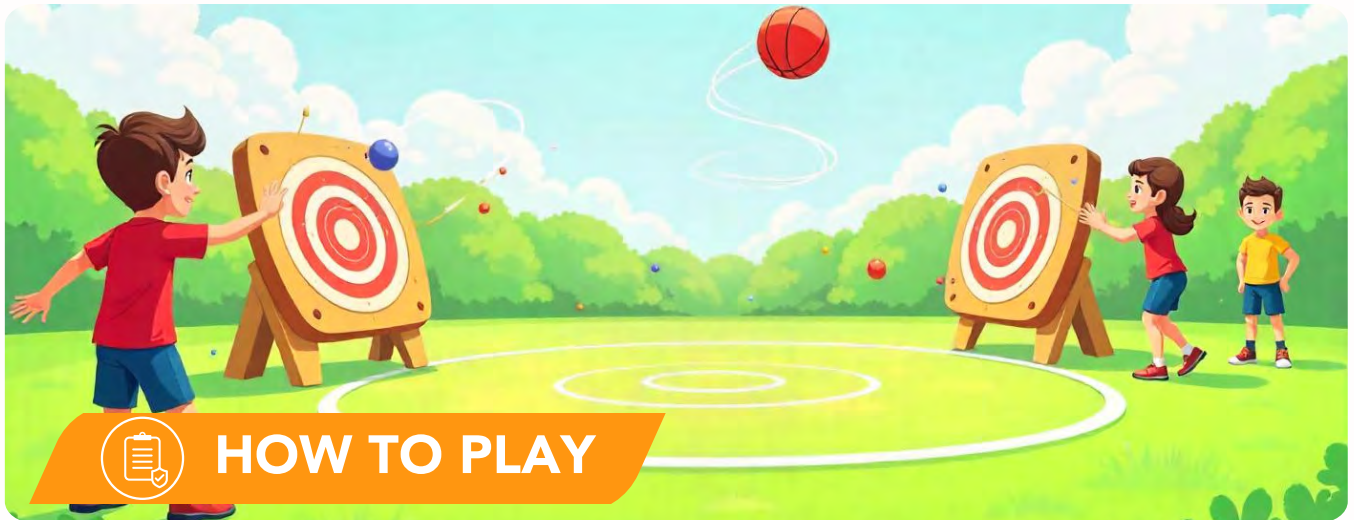


SAFETY

Ensure controlled throwing, clear space.

TARGET ZONES CHALLENGE

Theme focus: Accuracy, focus, and aim



HOW TO PLAY

1. Set up various target zones around the playing area using cones, hoops, or markers, each assigned a different point value.
2. Students take turns aiming and throwing balls or beanbags into the target zones, focusing on accuracy.
3. Adjust the level of difficulty by increasing the throwing distance or using different throwing techniques (e.g., overhand, underhand).
4. Encourage players to focus on controlled movements and consistency in their throws.
5. This activity improves hand-eye coordination, precision, and strategic thinking as students decide which targets to aim for.



QUESTIONS

- How did you aim for the zones?
- Was it easy to land in the zones?
- What helped improve your aim?
- How did you adjust your throws?



EQUIPMENT

Soft balls, cones, markers (for zones).



MODIFY IT

Make it Easier:

Use larger zones or shorter distances.

Make it Harder:

Use smaller zones or longer distances.



SAFETY

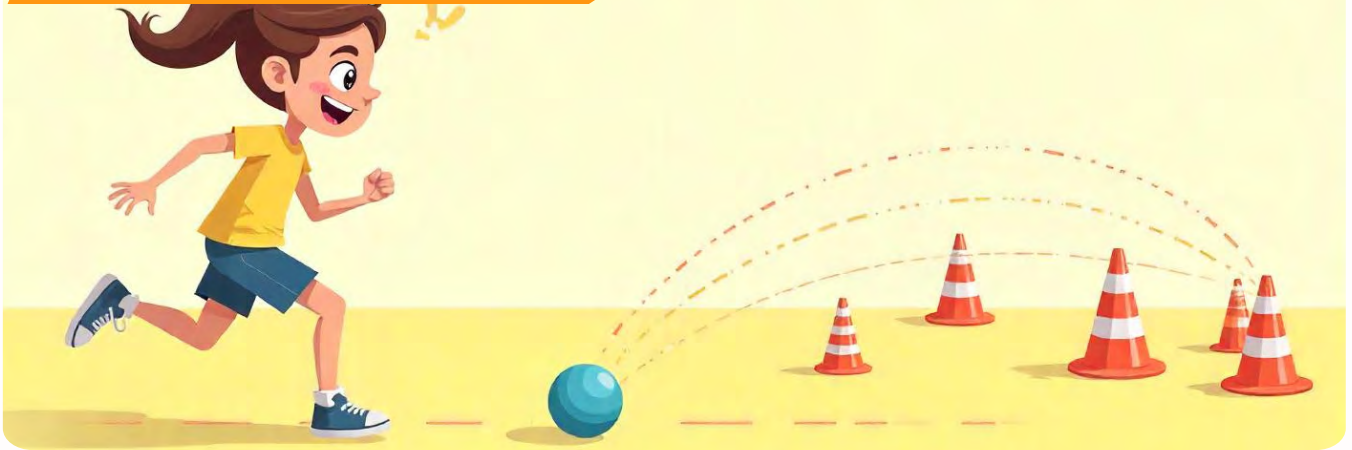
Ensure safe throwing distances.

CONE KNOCKDOWN

Theme focus: Throwing Accuracy and Focus



HOW TO PLAY



1. Players take turns rolling or throwing balls to knock over cones placed at different distances.
2. Each successful knockdown earns a point, encouraging players to improve their aim and technique.
3. Cones can be arranged in various formations to provide different levels of difficulty.
4. Players can experiment with different throwing styles and distances.
5. The focus is on developing accuracy and coordination while supporting teammates.



QUESTIONS

- How did you aim your throw?
- What helped you hit the cone?
- Which cone was hardest to hit?
- How did your team support you?



EQUIPMENT

12 cones, 6-8 balls (foam or rubber), 1 whistle.



MODIFY IT

Make it Easier:

Use larger cones or shorter distances.

Make it Harder:

Use smaller cones or longer distances.



SAFETY

Ensure a clear throwing area.

HOOP TOSS CHALLENGE

Theme focus: Precision and hand-eye coordination



HOW TO PLAY



1. Players take turns tossing hoops onto targets or markers set at different distances on the ground.
2. Award points based on the difficulty level of the target, with farther or smaller targets earning higher scores.
3. Increase the difficulty by adjusting throwing techniques, such as using one hand or tossing from different angles.
4. Rotate players frequently to ensure that everyone has a chance to participate and improve.
5. The goal is to refine hand-eye coordination, throwing accuracy, and control while keeping the activity fun and engaging.



QUESTIONS

- How did you aim your toss?
- What helped you score points?
- How did you adjust your aim?
- How can you improve your toss?



EQUIPMENT

6-8 hoops, 4-6 markers (as targets).



MODIFY IT

Make it Easier:

Place targets closer.

Make it Harder:

Increase distance or use smaller targets.



SAFETY

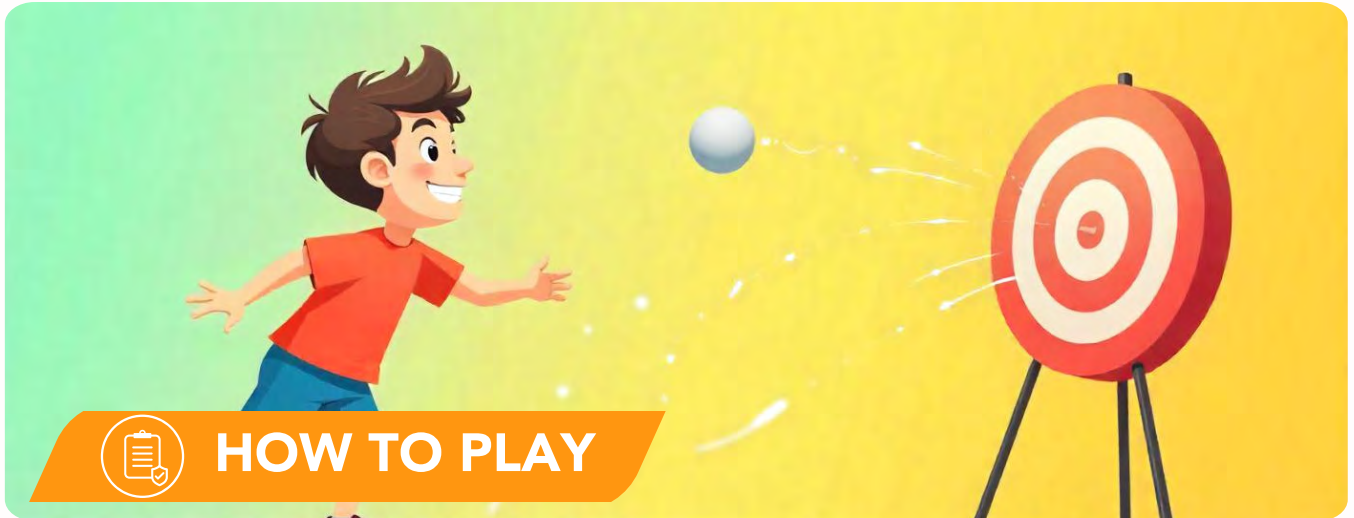
Ensure enough space between players to avoid collisions.

Learning Intention	To practise throwing with control and consistency.
Success Criteria	I can throw a ball at a moving target with control and consistency. I can throw with accuracy while moving or under time pressure.
Assessment Focus	Observing how students adjust their throws to target accuracy.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students refine and apply fundamental movement skills and demonstrate movement concepts across a range of situations. Practise and refine fundamental movement skills in different movement situations, including indoor, outdoor and aquatic settings (VC2HP4M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Step and Throw – Students practise stepping into their throw while aiming at cones.	Balls, cones	How does stepping help with accuracy?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Partner Passing: Pairs practise passing with precision and speed.	Balls, markers	How do we adjust our throws for our partner?
Major Games			
20-35 min	Rolling Target Game: Players roll balls to hit moving or stationary targets.	Balls, cones	How do we hit moving targets?
35-50 min	Moving Hoop Toss: Players aim to toss hoops onto targets that are moving or being carried.	Hoops, cones	How do we time our throw for moving targets?
Reflection			
50-60 min	Share one tip for improving consistency.		
Safety	Ensure clear boundaries and supervise to avoid overcrowded target areas.		

STEP AND THROW

Theme focus: Throwing technique, coordination



1. Students stand a few steps away from a set of cones, holding a ball in their hands while preparing to throw.
2. They practise stepping forward with their non-throwing foot while aiming their throw at the target, focusing on balance and follow-through.
3. After releasing the ball, students observe their accuracy and adjust their throwing technique for the next attempt.
4. Once they retrieve their ball, they return to their starting position and repeat the process, trying to improve their precision each time.
5. Encourage students to focus on control, aim, and fluid movement, helping them develop coordination, accuracy, and balance.



QUESTIONS

- How did stepping help your throw?
- What made your throw accurate?
- How did your stance affect your throw?
- How did you follow through after the throw?



EQUIPMENT

6-10 balls and 10-15 cones for creating paths and challenges.



MODIFY IT

Make it Easier:

Place targets closer to make aiming easier.

Make it Harder:

Add distance or obstacles to challenge students.



SAFETY

Ensure no collisions, clear throwing space.

PARTNER PASSING CHALLENGE

Theme focus: Passing accuracy, teamwork, and communication



HOW TO PLAY



1. Students pair up and stand a short distance apart, starting with gentle underhand passes using a ball.
2. Each time a pass is successfully completed, they take a small step backward to gradually increase the challenge.
3. Encourage students to communicate with their partners and adjust their passing technique as needed to maintain accuracy.
4. Introduce obstacles, such as cones or agility markers, to make passing more challenging by requiring students to pass around or over them.
5. This activity builds teamwork, coordination, and passing accuracy, reinforcing the importance of communication and controlled movements.



QUESTIONS

- How did you pass accurately?
- Was it hard to pass quickly?
- How did you communicate with your partner?
- How did you improve your passes?



EQUIPMENT

Soft balls, hoops, cones.



MODIFY IT

Make it Easier:

Start with a large ball and short distance.

Make it Harder:

Use smaller balls or increase distance.



SAFETY

Ensure space between pairs.

ROLLING TARGET GAME

Theme focus: Rolling Accuracy and Coordination



HOW TO PLAY



1. Players roll balls towards stationary or moving targets placed around the play area.
2. Each successful hit earns a point, and players are encouraged to adjust their rolling speed and angle.
3. Targets can be set at different distances to provide a variety of challenges.
4. The game can be adapted by introducing rolling techniques such as backspin or curve rolling.
5. Everyone works on improving accuracy while engaging in friendly and supportive competition.



QUESTIONS

- How did you aim your roll?
- How did you adjust for moving targets?
- What was the hardest part of hitting the target?
- How did your teammates help you?



EQUIPMENT

8-10 balls (foam or rubber), 6-8 targets (hoops or cones), 1 whistle.



MODIFY IT

Make it Easier:

Use larger targets or slower-moving targets.

Make it Harder:

Use smaller targets or faster-moving targets.



SAFETY

Ensure a clear and flat rolling surface.

MOVING HOOP TOSS

Theme focus: Aiming and timing



1. Players aim to toss hoops onto targets that are either moving or being carried by teammates.
2. Emphasise timing and precision, as players must release the hoop at just the right moment to score.
3. Rotate roles so that each player gets a chance to toss the hoops and move the targets.
4. To increase difficulty, introduce new movement patterns such as running in zigzags or moving at different speeds.
5. The challenge helps players develop focus, coordination, and adaptability while reinforcing teamwork.



QUESTIONS

- How did you time your toss?
- How did you aim at the moving target?
- What was the hardest part?
- How did you help your teammates?



EQUIPMENT

6-8 hoops, 6 cones (to mark starting positions).



MODIFY IT

Make it Easier:

Use slower-moving targets.

Make it Harder:

Increase the speed of the targets.



SAFETY

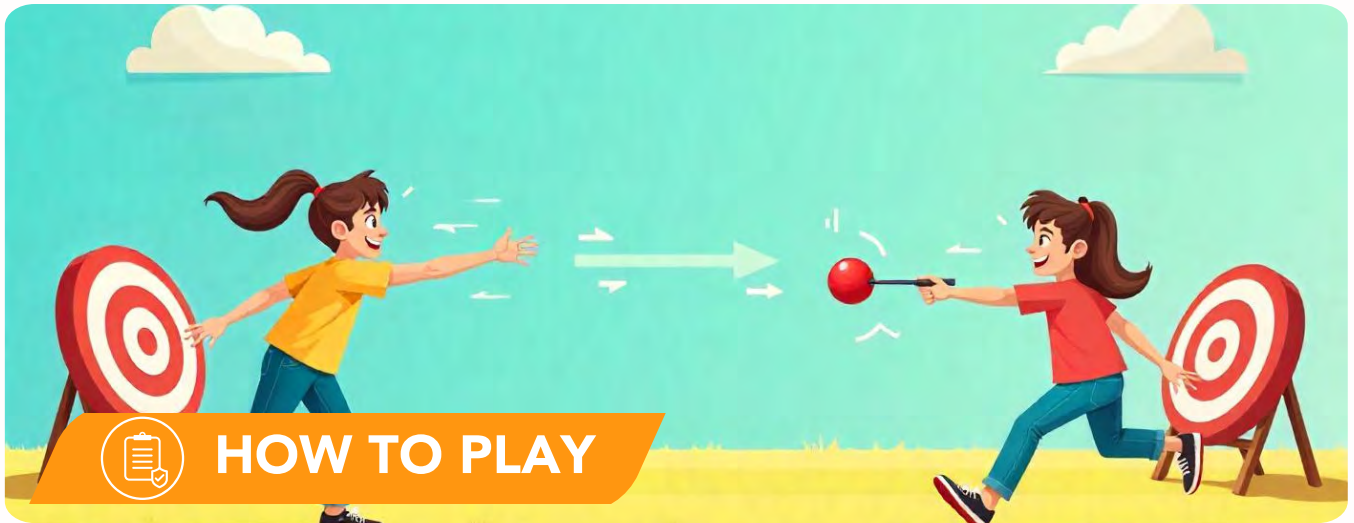
Ensure a clear area and monitor player movement for safety.

Learning Intention	To integrate accuracy and strategy in a team game.
Success Criteria	I can contribute to my team by aiming accurately to achieve a goal. I can choose the best target or teammate to help my team score.
Assessment Focus	Observing how students apply aiming skills and teamwork in a game setting.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students refine and apply fundamental movement skills and demonstrate movement concepts across a range of situations. Apply basic movement strategies to achieve movement outcomes (VC2HP4M02)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Quick Aim Warm-Up – Students rotate through quick target zones, aiming for points.	Balls, cones	How do we aim quickly but carefully?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Hit the Zone: Players aim to hit specific marked zones with a ball.	Balls, markers	How do we choose the best zones to aim for?
Major Games			
20-35 min	Target Scoring Game: Players score points by hitting specific targets with balls or other objects.	Balls, cones	How do we score more points by aiming together?
35-50 min	Team Hoop Challenge: Teams collaborate to pass or move hoops around obstacles or players.	Hoops, balls	How do we coordinate with teammates to score?
Reflection			
50-60 min	Reflect on teamwork and aiming strategies.		
Safety	Encourage positive communication and monitor for fair play in team games.		

QUICK AIM WARM-UP

Theme focus: Accuracy, agility, reaction time



1. The teacher sets up multiple target zones around the play area using cones, hoops, or other objects to serve as designated targets.
2. Students move quickly between the zones, attempting to hit the targets with a ball while following a structured path.
3. Each successful hit earns them points, and they aim to complete as many target zones as possible within a given time limit.
4. Students are encouraged to adjust their throwing technique based on distance, height, and target type to improve accuracy.
5. This fast-paced warm-up helps students develop aiming skills, quick decision-making, and movement efficiency while keeping them engaged.



QUESTIONS

- Which target was hardest to hit?
- How can you improve your aim?
- What made that target difficult?
- How did you adjust your technique?



EQUIPMENT

6-10 balls and 4-6 cones or hoops for target practice.



MODIFY IT

Make it Easier:

Use larger targets to make the task easier.

Make it Harder:

Challenge students with smaller targets or by adding time constraints.



SAFETY

Ensure safe throwing distances and zones.

HIT THE ZONE

Theme focus: Accuracy, focus, and quick reactions



HOW TO PLAY



1. Mark specific zones on the ground or walls using cones, tape, or chalk to create designated target areas.
2. Students take turns throwing a ball at the marked zones, aiming to land the ball within the correct area.
3. To increase difficulty, vary the size and distance of the target zones or introduce moving targets.
4. Encourage students to focus on their aiming technique and make adjustments to improve their accuracy.
5. This activity develops precision, focus, and quick reaction skills, helping students refine their hand-eye coordination.



QUESTIONS

- What zone did you aim for?
- How did you adjust your aim?
- Was it hard to hit the zones?
- How did you improve your accuracy?



EQUIPMENT

Paper, markers.



MODIFY IT

Make it Easier:

Use larger zones or shorter distances.

Make it Harder:

Use smaller or moving targets.



SAFETY

Ensure clear throwing areas.

TARGET SCORING GAME

Theme focus: Precision and Throwing Accuracy



HOW TO PLAY



1. Players aim at specific targets using balls or beanbags, with each target assigned different point values.
2. The instructor places targets at varying heights and distances to challenge accuracy.
3. Players take turns aiming and adjusting their technique based on previous attempts.
4. The game encourages strategic decision-making in selecting which targets to aim for.
5. The focus is on personal improvement and skill development, with all players encouraged to track their progress.



QUESTIONS

- How did you aim at the target?
- What helped you score points?
- Which target was the hardest to hit?
- How did your team improve together?



MODIFY IT

Make it Easier:

Use larger targets or closer distances.

Make it Harder:

Use smaller targets or longer distances.



EQUIPMENT

10-12 balls (foam or beanbags), 6-8 targets (hoops or cones), 12 cones.



SAFETY

Ensure safe throwing lanes.

TEAM HOOP CHALLENGE

Theme focus: Cooperation and coordination



HOW TO PLAY

1. Teams work together to pass hoops around obstacles or to teammates in a structured sequence.
2. Players must prevent the hoop from touching the ground while ensuring smooth and accurate passes.
3. Add complexity by requiring players to carry a ball inside the hoop or passing multiple hoops at once.
4. Encourage creativity by allowing teams to develop their own unique passing techniques.
5. The goal is to strengthen teamwork, coordination, and problem-solving while keeping the game exciting.



QUESTIONS

- How did you pass the hoop?
- What was your team's strategy?
- How did you avoid dropping the hoop?
- How did you help your team succeed?



EQUIPMENT

6-8 hoops, 4-6 balls (small size).



MODIFY IT

Make it Easier:

Use fewer obstacles and simpler tasks.

Make it Harder:

Add more obstacles or time constraints.



SAFETY

Ensure space for movement and avoid tripping hazards.

Learning Intention	To combine aiming and throwing skills in a group relay.
Success Criteria	I can combine accuracy and teamwork to complete a relay successfully. I can throw accurately while coordinating timing with my team.
Assessment Focus	Observing how students combine skills while maintaining focus on accuracy.
Victorian Curriculum 2.0 Achievement Standard & Content Description	Students refine and apply fundamental movement skills and demonstrate movement concepts across a range of situations.
	Practise and refine fundamental movement skills in different movement situations, including indoor, outdoor and aquatic settings (VC2HP4M01)

Timing	Activity and Games	Equipment	Focus Question
Unofficial Start			
0-5 min	Throw and Score – Students throw balls at targets for points within a time limit.	Balls, hoops	How do we aim quickly under time pressure?
Lesson Objectives			
5-10 min	Learning Intention and Success Criteria		
Minor Game			
10-20 min	Relay Accuracy Race: Teams race while completing tasks that require precision and accuracy.	Balls, cones	How do we keep accuracy while moving quickly?
Major Games			
20-35 min	Obstacle Target Relay: Teams navigate an obstacle course and aim to hit targets at designated points.	Cones, hoops	How do we balance speed and precision?
35-50 min	Final Target Challenge: Players aim to hit targets in the ultimate precision test.	Balls, hoops	How do we improve as a team to hit all the targets?
Reflection			
50-60 min	Celebrate improvements in precision and teamwork.		
Safety	Provide clear boundaries for relays to ensure safety and fair play.		

THROW AND SCORE

Theme focus: Accuracy, scoring, coordination



1. Students stand behind a marked line with balls in hand, ready to aim at different targets set up in the play area.
2. They take turns throwing their balls at designated targets such as cones, hoops, or marked spots on the wall, aiming for accuracy.
3. Each successful hit earns them points, and they keep track of their individual or team scores as the activity progresses.
4. Players retrieve their balls quickly and continue throwing until the set time limit is reached (e.g., three minutes).
5. This game enhances hand-eye coordination, precision, and focus while providing students with an opportunity to refine their throwing techniques.



QUESTIONS

- How many points did you score?
- What helped your accuracy?
- How did you adjust your aim?
- What was the most challenging part?



EQUIPMENT

6-10 balls and 4-6 targets like cones or hoops for scoring points.



MODIFY IT

Make it Easier:

Use larger targets for simpler aiming.

Make it Harder:

Increase difficulty by using smaller targets or adding distance.



SAFETY

Ensure safe throwing distances and no collisions.

RELAY ACCURACY RACE

Theme focus: Precision, accuracy, and teamwork



HOW TO PLAY

1. Set up a relay course where each team must complete a series of accuracy-based challenges, such as hitting a target or tossing a ball into a hoop.
2. The first player in each team completes the assigned task before running back to tag the next teammate.
3. Each team member takes their turn, focusing on precision and smooth transitions to keep the relay moving efficiently.
4. Encourage players to support and guide each other, reinforcing the importance of teamwork and encouragement.
5. This game promotes coordination, strategic thinking, and communication while ensuring all participants contribute to their team's success.



QUESTIONS

- What task did you complete?
- How did you stay accurate under pressure?
- Was it hard to be precise quickly?
- How did your team support you?



EQUIPMENT

Mats, hoops (for islands).



MODIFY IT

Make it Easier:

Use simpler tasks or fewer targets.

Make it Harder:

Add complex tasks or time limits.



SAFETY

Ensure safe running paths.

OBSTACLE TARGET RELAY

Theme focus: Agility, Accuracy, and Endurance



HOW TO PLAY



1. Teams navigate through an obstacle course that includes sections where they must hit targets.
2. At designated stations, players stop to throw balls or beanbags at targets before continuing.
3. Each successful target hit allows the player to move forward and tag the next teammate.
4. The course may include crawling, jumping, or balancing elements to increase challenge.
5. The emphasis is on teamwork, movement coordination, and problem-solving through the course.



QUESTIONS

- How did you hit the targets?
- What was the hardest obstacle?
- How did you manage your speed?
- How did teamwork help you succeed?



MODIFY IT

Make it Easier:

Simplify the obstacles or targets.

Make it Harder:

Add more complex obstacles or targets.



EQUIPMENT

12-15 cones (for marking the obstacle course), 6-8 balls (foam or rubber, 15-20 cm), 4-6 beanbags, 4-6 targets (hoops, buckets), 6-8 small hurdles (20-30 cm high), 4 ropes (3-5 metres each), 1 stopwatch.



SAFETY

Ensure stable obstacles and clear paths.

FINAL TARGET CHALLENGE

Theme focus: Precision and accuracy



HOW TO PLAY



1. Players take turns aiming at different stationary or moving targets set at varying distances.
2. Points are awarded based on the accuracy and difficulty of the target, with farther or smaller targets being worth more.
3. Increase the challenge by incorporating specific throwing styles, such as overarm, underarm, or bounce throws.
4. Players adjust their technique and strategy based on past performance to improve their overall accuracy.
5. The challenge helps develop precision, control, and adaptability in throwing techniques while fostering a sense of friendly competition.



QUESTIONS

- How did you aim for the target?
- Which target was hardest to hit?
- How did you adjust your throw?
- How did you improve your accuracy?



MODIFY IT

Make it Easier:

Use larger and closer targets.

Make it Harder:

Use smaller or moving targets.



EQUIPMENT

6-8 balls, 4-6 hoops (for targets).



SAFETY

Ensure clear throwing paths and no obstructions.

Unit Assessment Rubric

Criteria	Emerging (1)	Developing (2)	Proficient (3)	Extending (4)
Aiming Accuracy	Developing awareness of aiming techniques.	Demonstrates basic accuracy with stationary targets.	Consistently throws accurately at stationary targets.	Demonstrates exceptional precision and adapts techniques for varying challenges.
Control and Consistency	Working on controlling throws with accuracy.	Shows improving consistency when targeting moving objects.	Throws accurately and consistently at moving targets.	Demonstrates refined control and adapts strategies effectively.
Team Contribution and Strategy	Developing awareness of teamwork and aiming strategies.	Contributes to team efforts with occasional success.	Applies aiming skills strategically to support team goals.	Demonstrates advanced teamwork, integrating aiming skills and strategies effectively.
Skill Combination and Focus	Developing ability to combine skills effectively.	Combines aiming and teamwork with growing accuracy.	Combines accuracy and teamwork successfully in structured tasks.	Excels in skill combinations, demonstrating leadership and focus in complex tasks.

Performance Evaluation:

- **Emerging (1):** Requires further development and teacher support.
- **Developing (2):** Progressing towards consistent performance but still needs reminders.
- **Proficient (3):** Meets expectations for coordination, balance, and teamwork.
- **Extending (4):** Exceeds expectations and demonstrates leadership and initiative in all areas.

