



# *Hit the Target: Decisions and Precision*



**Description:** Builds decision-making and accuracy in target games like lawn bowls, bocce, and cornhole.

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

<b>Learning Intention</b>	To practise basic skills for accuracy in target games.
<b>Success Criteria</b>	I can aim and release with accuracy. I can control my force when aiming at a target.
<b>Assessment Focus</b>	Observation of students' aiming and release techniques.
<b>Victorian Curriculum 2.0 Achievement Standard &amp; Content Description</b>	Students apply movement skills in game situations and adapt strategies to solve challenges. Refine and modify movement skills and apply movement concepts across a range of situations (VC2HP6M01)

Timing	Activity and Games	Equipment	Focus Question
<b>Unofficial Start</b>			
0-5 min	Roll the Ball: Students roll balls to hit a stationary cone or target.	Balls, cones	How can we control the direction of the ball?
<b>Lesson Objectives</b>			
5-10 min	Learning Intention and Success Criteria		
<b>Minor Game</b>			
10-20 min	Distance Challenge: Students roll or toss a ball to land as close as possible to a target.	Balls, markers	How does distance affect our accuracy?
<b>Major Games</b>			
20-35 min	Target Circles: Students aim to roll or toss into different-sized target zones, earning points based on accuracy.	Cones, hoops, balls	How can smaller targets improve our accuracy?
35-50 min	Partner Target Toss: Partners take turns tossing balls to hit small targets placed at different distances.	Balls, cones	How do we adjust for longer or shorter targets?
<b>Reflection</b>			
50-60 min	Group Reflection: Share what helped improve your accuracy today.		
<b>Safety</b>	Ensure plenty of space between students, use soft and lightweight balls, and supervise aiming activities closely.		

# ROLL THE BALL

Theme focus: Accuracy and control



1. Players take turns rolling balls with the goal of hitting a stationary target, such as a cone, placed a certain distance away.
2. Each player is given three attempts per turn to successfully hit the target.
3. Players must focus on adjusting their rolling strength and improving their aim to enhance accuracy.
4. Turns rotate so that every player gets an opportunity to practice their rolling technique.
5. The game continues for multiple rounds, allowing players to refine their skills and develop better control over their movements.

## QUESTIONS

- How can we control the direction of the ball?
- What helped you aim accurately?
- How did rolling strength affect accuracy?
- How did you adjust after each attempt?

## EQUIPMENT

Balls, cones

## MODIFY IT

### Make it Easier:

Move targets closer.

### Make it Harder:

Use smaller targets or increase distance.

## SAFETY

Ensure a clear rolling path.

# DISTANCE CHALLENGE

Theme focus: Accuracy and control



## HOW TO PLAY



1. Players stand behind a designated line, each taking turns rolling or tossing a ball towards a target placed at a distance.
2. Players must adjust their strength and accuracy to land their ball as close as possible to the target.
3. After each round, players analyze their attempts and make necessary adjustments for the next round.
4. Encourage controlled, precise movements to improve accuracy instead of relying on power.
5. The closest ball to the target wins the round, reinforcing skill development and strategic adjustments.



## QUESTIONS

- How does distance affect our accuracy?
- What helped you control your throw?
- How did you adjust when missing the target?
- What was the most challenging part?



## EQUIPMENT

Balls, markers



## MODIFY IT

### Make it Easier:

Use larger targets and shorter distances.

### Make it Harder:

Increase throwing distance or use smaller targets.



## SAFETY

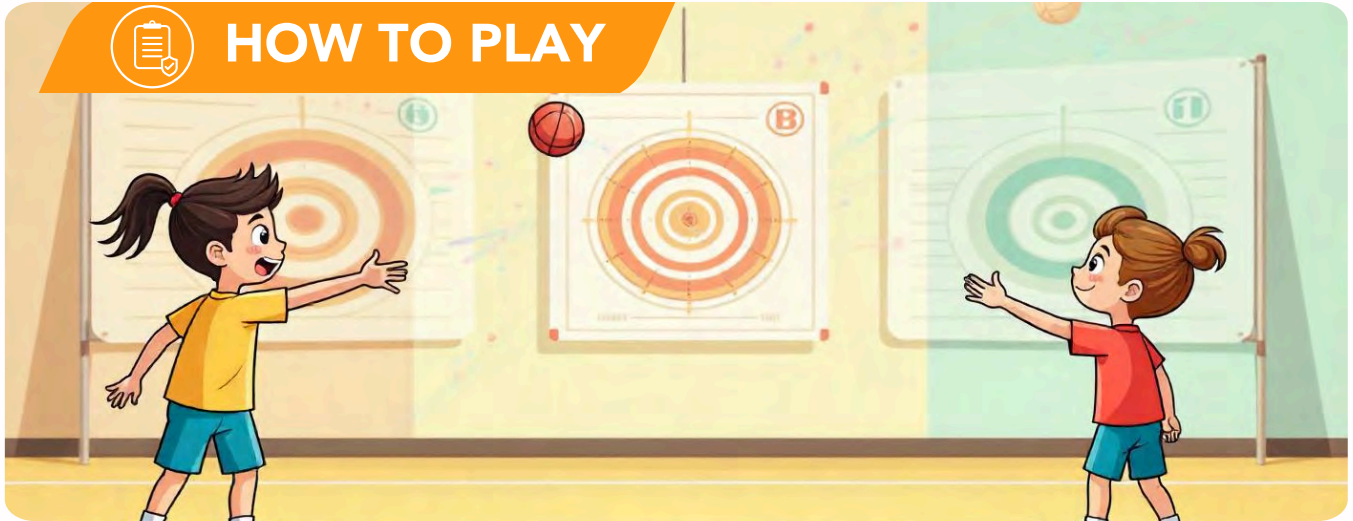
Ensure clear throwing areas and safe retrieval.

# TARGET CIRCLES

Theme focus: Aiming and accuracy



## HOW TO PLAY



1. Students take turns rolling or tossing a ball into designated target zones, each with different scoring values.
2. Each target zone is strategically placed at varying distances, requiring players to assess risk versus reward before aiming.
3. Players must adjust their throwing technique, power, and aim with each turn to improve their overall accuracy and precision.
4. The player who accumulates the most points by consistently hitting target zones is declared the winner of the round.
5. Encourage players to focus on strategic aiming and controlled movements while refining their hand-eye coordination.



## QUESTIONS

- How can smaller targets improve our accuracy?
- What helped you hit the target?
- How did you adjust after missing?
- What was the hardest part about aiming?



## EQUIPMENT

Cones, hoops, balls



## MODIFY IT

### Make it Easier:

Use larger targets and closer distances.

### Make it Harder:

Reduce target size or increase distance.

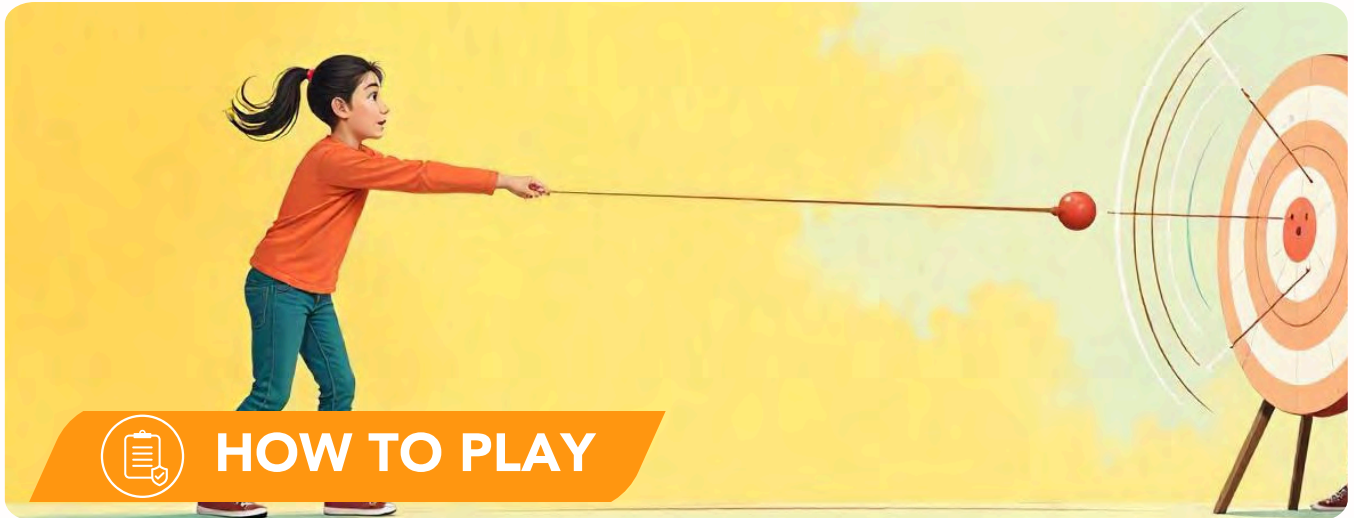


## SAFETY

Ensure clear throwing areas and safe retrieval.

# PARTNER TARGET TOSS

**Theme focus:** Adjusting aim for different distances



## HOW TO PLAY

1. Partners take turns tossing balls at various targets placed at different distances on the playing field.
2. Players adjust their throwing technique by modifying their stance, arm movement, and release point to improve accuracy.
3. Encourage players to focus on maintaining proper aim, using controlled force, and following through with their motion.
4. After completing five throws, partners switch roles and continue the exercise to develop both aiming and observational skills.
5. Players reflect on their performance, discussing their accuracy and identifying areas for improvement.



## QUESTIONS

- How do we adjust for longer or shorter targets?
- What helped you aim accurately?
- How did you adjust your throw for different distances?
- What was the hardest part about hitting the target?



## EQUIPMENT

Balls, cones



## MODIFY IT

### **Make it Easier:**

Use larger targets and shorter distances.

### **Make it Harder:**

Use smaller targets or increase the throwing distance.



## SAFETY

Ensure safe spacing between players.

<b>Learning Intention</b>	To practise controlling force and precision when aiming at a target.
<b>Success Criteria</b>	I can adjust my force to aim accurately. I can hit different types of targets with control.
<b>Assessment Focus</b>	Observation of students' ability to adjust force and aim based on distance or target size.
<b>Victorian Curriculum 2.0 Achievement Standard &amp; Content Description</b>	Students apply movement skills in game situations and adapt strategies to solve challenges. Refine and modify movement skills and apply movement concepts across a range of situations (VC2HP6M01)

Timing	Activity and Games	Equipment	Focus Question
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## Unofficial Start

0-5 min	Power Roll: Students practise rolling balls with varying levels of force to different distances.	Balls, cones	How does the force of our roll affect accuracy?
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## Lesson Objectives

5-10 min	Learning Intention and Success Criteria
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## Minor Game

10-20 min	Force Target Game: Students roll or toss balls to knock over cones at different distances.	Balls, cones	How can we use force to knock down cones?
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## Major Games

20-35 min	Team Bocce: Teams play bocce, focusing on rolling with controlled force to land close to the target ball.	Bocce balls, target markers	How does force control help in bocce?
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35-50 min	Relay Toss: Teams take turns tossing balls to hit a target, focusing on distance and accuracy.	Balls, cones, targets	How do we stay accurate during a relay?
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## Reflection

50-60 min	Peer Sharing: What helped you adjust your force and improve your aim?
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Safety	Provide lightweight balls, ensure cones and markers are safe for contact, and enforce clear throwing areas.
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# POWER ROLL

Theme focus: Force and accuracy



1. Players practice rolling balls using different amounts of force to control the speed and distance.
2. The main objective is to stop the ball within a designated target zone, requiring precision and careful execution.
3. Encourage students to focus on controlled rolling movements rather than using excessive power to increase their accuracy.
4. Players should pay attention to proper follow-through and body positioning to improve their technique.
5. The activity is repeated with varying target distances to challenge players and help them adapt to different rolling conditions.

## QUESTIONS

- How does the force of our roll affect accuracy?
- What helped you control your rolling power?
- How did you adjust when rolling too hard?
- What made rolling softly difficult?

## EQUIPMENT

Balls, cones

## MODIFY IT

### Make it Easier:

Use larger target zones.

### Make it Harder:

Decrease the target size or add obstacles.

## SAFETY

Ensure space for safe rolling.

# FORCE TARGET GAME

Theme focus: Power and precision



## HOW TO PLAY



1. Players are given a set number of balls and must roll or throw them to knock over cones positioned at various distances.
2. Players must decide how much force to use, adjusting their power based on the distance of each cone.
3. Each player takes turns aiming at the cones, keeping track of how many they successfully knock over.
4. Players receive points based on the difficulty of the target they hit.
5. The game continues for multiple rounds, and the player or team with the highest score wins.



## QUESTIONS

- How can we use force to knock down cones?
- What helped you hit the cones?
- How did you adjust when you missed?
- What was difficult about controlling force?



## EQUIPMENT

Balls, cones



## MODIFY IT

### Make it Easier:

Place cones closer and allow larger targets.

### Make it Harder:

Increase distance or use heavier cones.



## SAFETY

Ensure safe throwing areas and controlled power.

# TEAM BOCCE

Theme focus: Force control and accuracy



## HOW TO PLAY

1. Teams participate in a bocce-style game, rolling balls toward a central target ball, aiming to land as close as possible.
2. Players must carefully control the strength and direction of their roll to ensure accuracy while considering the positioning of other balls.
3. The closest ball to the target at the end of the round earns points for the respective team, emphasizing both precision and tactical play.
4. Encourage players to develop a thoughtful approach, adjusting their rolling technique based on their team's current standing in the game.
5. Each team, upon completing the game, should reflect on their efforts and celebrate their ability to score points while working together strategically.



## QUESTIONS

- How does force control help in bocce?
- What helped you roll the ball accurately?
- How did you adjust after overshooting?
  
- What was challenging about controlling force?



## EQUIPMENT

Bocce balls, target markers



## MODIFY IT

### Make it Easier:

Use a larger target ball and shorter distances.

### Make it Harder:

Increase distance or add obstacles.

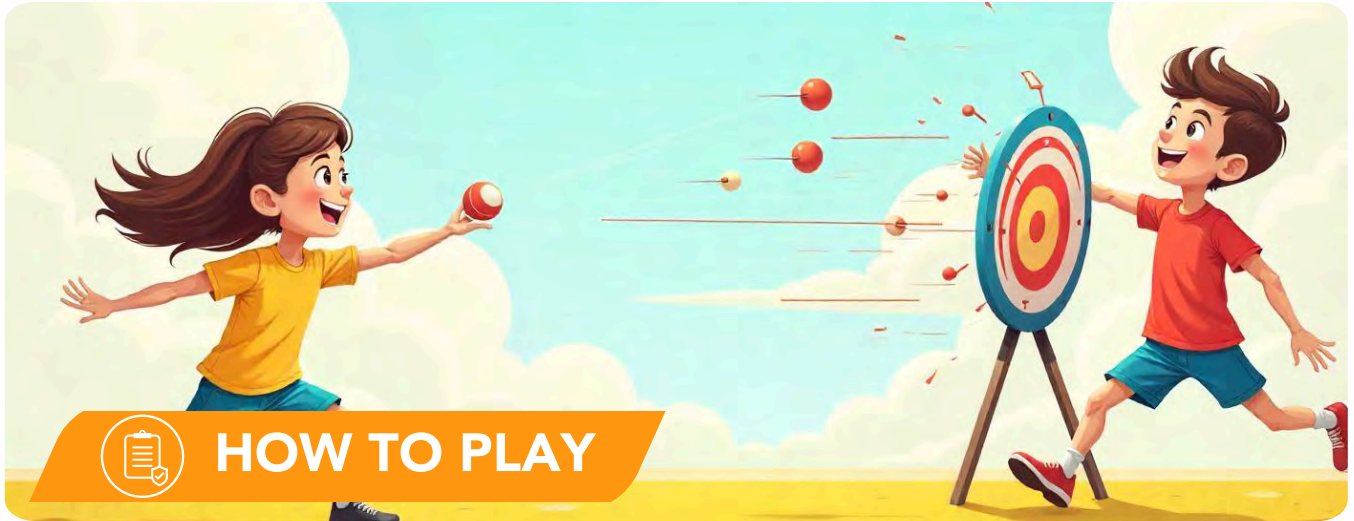


## SAFETY

Ensure enough space for rolling safely.

# RELAY TOSS

**Theme focus:** Accuracy and controlled force



## HOW TO PLAY

1. Teams take turns in a competitive challenge, aiming to strike a set target a specific number of times.
2. The first team to successfully hit the target the required number of times is declared the winner.
3. Players adjust their aim, stance, and power level based on the target's distance and positioning.
4. Encourage quick decision-making, teamwork, and effective communication to optimize performance.
5. The ultimate goal is for teams to develop accuracy and control while attempting to reach the target before their opponents.



## QUESTIONS

- How do we stay accurate during a relay?
- What helped you control your power?
- How did teamwork improve your accuracy?
- What was the hardest part about staying consistent?



## EQUIPMENT

Balls, cones, targets



## MODIFY IT

### **Make it Easier:**

Allow more attempts and closer targets.

### **Make it Harder:**

Reduce attempts or increase distance.



## SAFETY

Ensure a safe throwing area with no obstacles.

<b>Learning Intention</b>	To develop decision-making skills by selecting targets and strategies in gameplay.
<b>Success Criteria</b>	I can choose targets and plan my shots based on the game situation. I can adjust my strategy to succeed.
<b>Assessment Focus</b>	Observation of students' ability to choose effective targets and adapt tactics.
<b>Victorian Curriculum 2.0 Achievement Standard &amp; Content Description</b>	Students apply movement skills in game situations and adapt strategies to solve challenges. Refine and modify movement skills and apply movement concepts across a range of situations (VC2HP6M01)

Timing	Activity and Games	Equipment	Focus Question
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### Unofficial Start

0-5 min	Choose Your Target: Students take turns choosing a specific target and aiming for it.	Balls, hoops, cones	How do we decide which target to aim for?
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### Lesson Objectives

5-10 min	Learning Intention and Success Criteria
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### Minor Game

10-20 min	Split-Target Toss: Students aim for targets worth different points, choosing the best scoring option.	Balls, cones, target markers	How can we balance risk and reward?
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### Major Games

20-35 min	Team Cornhole: Teams play cornhole, choosing target zones with varying difficulty levels for more points.	Cornhole boards, beanbags	How do we plan our tosses to maximise points?
35-50 min	Tactical Target Play: Small groups design their own target game	Cones, hoops, beanbags, balls	How can we design a target game that's fun and challenging?

### Reflection

50-60 min	Class Discussion: Share one way you made a decision that helped your team score.
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Safety	Supervise the use of all equipment, ensure game designs are safe, and encourage teamwork during setup and play.
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# SHADOW MARKING

Theme focus: Defensive positioning



1. Players form pairs, with one acting as the offensive player who moves freely while the other plays defense, trying to stay close.
2. The offensive player's goal is to use quick footwork and directional changes to escape or lose the defender.
3. Meanwhile, the defender must practice maintaining a strong position, staying in front of the offensive player without losing balance.
4. After one minute, the roles switch, allowing both partners to practice attacking and defending.
5. Encourage players to focus on controlled movement, agility, and strategic positioning to improve both offensive and defensive skills.

## QUESTIONS

- How can we stay close to our opponent?
- What movement helped you stay close?
- How did you predict your opponent's next move?
- What made shadowing difficult?

## EQUIPMENT

None

## MODIFY IT

### Make it Easier:

Slow down movements for beginners.

### Make it Harder:

Increase movement speed and complexity.

## SAFETY

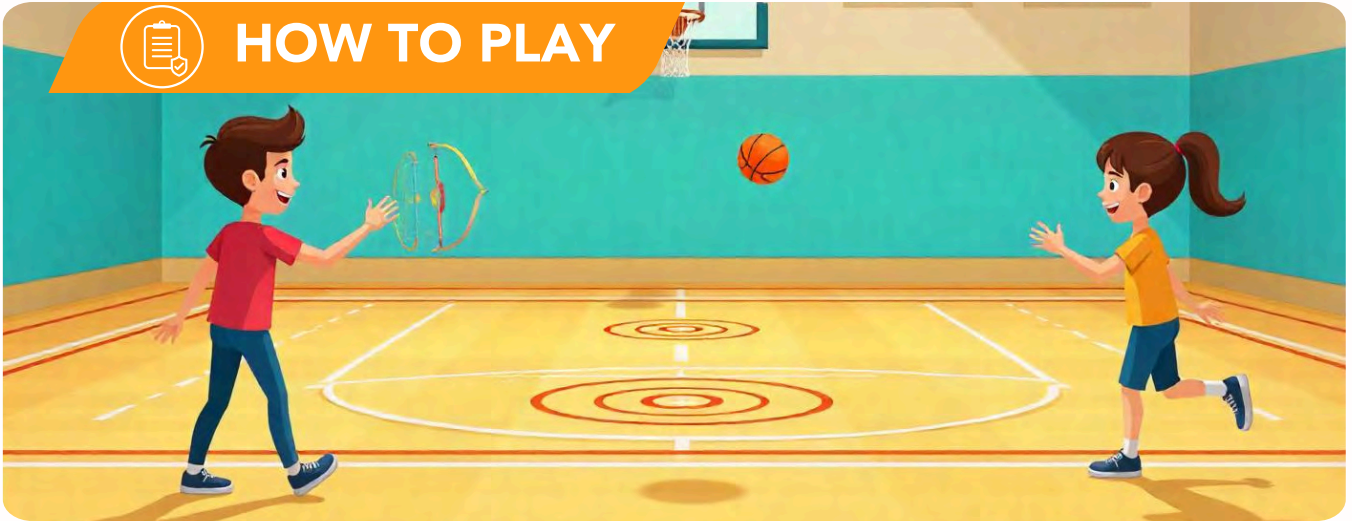
Ensure no rough physical contact.

# SPLIT-TARGET TOSS

Theme focus: Decision-making and accuracy



## HOW TO PLAY



1. Players are given a variety of targets, each worth different point values based on distance and difficulty.
2. Players must decide which target to aim for, considering risk versus reward.
3. Each player takes turns throwing, attempting to score the most points.
4. After several rounds, players can adjust their strategy based on previous performance.
5. The player or team with the highest total score at the end wins, reinforcing decision-making and accuracy.



## QUESTIONS

- How can we balance risk and reward?
- What helped you aim successfully?
- How did you decide which target to aim for?
- What was challenging about scoring?



## MODIFY IT

### Make it Easier:

Use larger, closer targets.

### Make it Harder:

Reduce target size or increase distances.



## EQUIPMENT

Balls, cones, target markers



## SAFETY

Ensure safe spacing between players.

# TEAM CORNHOLE

Theme focus: Strategic aiming and scoring



## HOW TO PLAY

1. Teams compete by tossing beanbags onto boards with multiple scoring zones, each offering different point values.
2. Players must make quick decisions on whether to aim for easier, lower-scoring targets or take a risk by aiming for more challenging, higher-scoring zones.
3. The team that successfully accumulates the highest number of points by strategically landing beanbags in scoring zones wins the round.
4. Encourage controlled throwing, patience, and tactical decision-making to improve consistency and accuracy.
5. The challenge for each team is to find the right balance between taking calculated risks and ensuring consistent scoring through accuracy.



## QUESTIONS

- How do we plan our tosses to maximise points?
- What helped you aim successfully?
- How did you adjust your throw after missing?
- What was the hardest part of scoring?



## MODIFY IT

### Make it Easier:

Use larger targets and closer boards.

### Make it Harder:

Reduce hole size or increase distance.



## EQUIPMENT

Cornhole boards, beanbags



## SAFETY

Ensure a safe throwing space.

# TACTICAL TARGET PLAY

Theme focus: Designing target-based games



1. Students collaborate in small groups to design their own unique target-based game using sports equipment.
2. They utilise cones, hoops, beanbags, and balls to create a structured game with clear objectives and rules.
3. Players establish scoring systems, set up target positions, and conduct trial runs to test their game mechanics.
4. Encourage creativity, teamwork, and critical thinking to refine the game into a fair and engaging activity.
5. Groups have the opportunity to play and modify their game, ensuring it provides both fun and challenge for participants.

## QUESTIONS

- How can we design a target game that's fun and challenging?
- What made your game enjoyable?
- How did you balance difficulty and fairness?
- What was the hardest part of designing a game?



## EQUIPMENT

Cones, hoops, beanbags, balls

## MODIFY IT

### Make it Easier:

Provide an example game for reference.

### Make it Harder:

Require more complex rules or strategy elements.



## SAFETY

Ensure fair and safe play for all students.

<b>Learning Intention</b>	To combine accuracy, decision-making, and collaboration in a competitive target game.
<b>Success Criteria</b>	I can work with my team to plan strategies and score points. I can apply all the skills I have learned.
<b>Assessment Focus</b>	Observation of teamwork, strategy, and accuracy in competitive gameplay.
<b>Victorian Curriculum 2.0 Achievement Standard &amp; Content Description</b>	Students apply movement skills in game situations and adapt strategies to solve challenges. Refine and modify movement skills and apply movement concepts across a range of situations (VC2HP6M01)

Timing	Activity and Games	Equipment	Focus Question
<b>Unofficial Start</b>			
0-5 min	Target Tag: Teams race to hit a series of targets before their opponents.	Balls, cones	How can we hit targets quickly and accurately?
<b>Lesson Objectives</b>			
5-10 min	Learning Intention and Success Criteria		
<b>Minor Game</b>			
10-20 min	Team Decision Relay: Teams decide which target zones to aim for during a timed relay challenge.	Balls, target zones	How can we make fast decisions to score more points?
<b>Major Games</b>			
20-35 min	Ultimate Target Game: Teams play a multi-target game combining bocce, cornhole, and other target challenges.	Bocce balls, cornhole boards	How can we combine accuracy and teamwork to succeed?
35-50 min	Game Mastery: Groups play others target games	Student-created target games (cones, balls, boards, etc.)	How can we adapt to different target games and succeed?
<b>Reflection</b>			
50-60 min	Celebration Circle: Teams reflect on their favourite moments and strategies during the game.		
Safety	Supervise gameplay to ensure fairness, encourage constructive feedback, and ensure safe use of equipment.		

# TARGET TAG

Theme focus: Accuracy and speed



## HOW TO PLAY

1. Teams compete in a fast-paced challenge where they must race against opponents to hit designated targets before the other team.
2. Players take turns throwing balls at cones, hoops, or other set targets, aiming for accuracy and speed.
3. Each successful hit earns the team a point, motivating players to focus on precision when throwing.
4. At the end of the game, the team with the highest number of points is declared the winner.
5. Encourage students to make quick decisions, aim carefully, and strategize their throws to maximize their team's chances of scoring.



## QUESTIONS

- How can we hit targets quickly and accurately?
- What helped you aim successfully?
- How did you adjust your throw after missing?
- What was challenging about aiming quickly?



## EQUIPMENT

Balls, cones



## MODIFY IT

### Make it Easier:

Use larger targets and shorter distances.

### Make it Harder:

Decrease target size or increase throwing distance.



## SAFETY

Ensure a clear throwing area.

# TEAM DECISION RELAY

Theme focus: Strategy and scoring



1. Teams start at a central point and are given multiple target zones to aim for within a set time limit.
2. Players must decide which targets to aim for based on difficulty and potential score.
3. Each player takes turns throwing or rolling towards their chosen target before running back to tag the next player.
4. Teams must balance speed with strategic choices to maximize their points.
5. The team with the highest score at the end of the time limit wins, reinforcing quick thinking and teamwork.

## QUESTIONS

- How can we make fast decisions to score more points?
- What helped your team score effectively?
- How did you adjust after a missed target?
- What made decision-making challenging?

## EQUIPMENT

Balls, target zones

## MODIFY IT

### Make it Easier:

Use larger targets and allow more time.

### Make it Harder:

Reduce target sizes or shorten the timer.

## SAFETY

Ensure a clear throwing area for safety.

# ULTIMATE TARGET GAME

**Theme focus:** Combining target skills and teamwork



## HOW TO PLAY

1. Teams rotate through multiple target-based games, including bocce, cornhole, and precision-throwing activities, to develop a well-rounded skill set.
2. Players must use different techniques at each station, adapting their approach to match the demands of the particular game they are playing.
3. Teams develop strategies to maximize their scoring potential, deciding the best order in which to play their selected games.
4. The team with the highest cumulative score across all stations at the end of the session is declared the winner.
5. Encourage players to focus on adaptability, teamwork, and communication to successfully navigate each game challenge.



## QUESTIONS

- How can we combine accuracy and teamwork to succeed?
- What strategy helped your team the most?
- How did you adjust your technique for different games?
- What was the hardest part of switching skills?



## EQUIPMENT

Bocce balls, cornhole boards



## MODIFY IT

### **Make it Easier:**

Allow more time at each station.

### **Make it Harder:**

Reduce time limits or add extra targets.



## SAFETY

Ensure safe throwing and rotation between games.

# GAME MASTERY

Theme focus: Playing and refining target games



1. Students participate in various target-based games created by their peers, testing different game mechanics and strategies.
2. They engage in gameplay while analyzing rules, scoring systems, and game dynamics to understand different styles of play.
3. After each round, players discuss what aspects of the game were enjoyable and provide constructive feedback on its structure.
4. Teams reflect on potential rule adjustments, improvements, and ways to enhance gameplay for future sessions.
5. The goal is to help students adapt to different game styles while learning how to develop effective strategies for success.

## QUESTIONS

- How can we adapt to different target games and succeed?
- What strategies helped you score points?
- How did you adjust to new rules quickly?
- What was the hardest part about playing a new game?



## EQUIPMENT

Student-created target games (cones, balls, boards, etc.)

## MODIFY IT

### Make it Easier:

Allow extra time to learn rules before playing.

### Make it Harder:

Limit time for rule explanations or add challenges.



## SAFETY

Ensure students understand the game rules before playing.



# Unit Assessment Rubric

Criteria	Emerging (1)	Developing (2)	Proficient (3)	Extending (4)
Accuracy	Beginning to aim and release with control.	Can aim but lacks consistency.	Aims and releases accurately most of the time.	Consistently aims and hits targets with precision.
Force Control	Beginning to adjust force when aiming.	Adjusts force but lacks consistency.	Controls force effectively for different targets.	Demonstrates advanced control of force and accuracy.
Tactical Decision-Making	Exploring different ways to choose targets and strategies.	Practicing selecting targets and strategies with growing confidence.	Selects targets and strategies effectively based on the game.	Anticipates and adapts strategies for maximum success.
Teamwork & Strategy	Beginning to work with teammates in target games.	Works with teammates but lacks strategic coordination.	Collaborates effectively to execute team strategies.	Leads team strategies, adapting play for optimal outcomes.

## 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.

