










TARGET GAMES KNOWLEDGE ORGANISER



KS1



Overview	
<p>-<u>Target games</u> are activities in which players send an object towards a target, while avoiding <u>obstacles</u> on the way.</p> <p>-Examples of target games include <u>golf, archery, bocchia, curling, bowling and croquet.</u></p> <p>-In target games, players often play <u>individually</u> in the same game space, taking turns. They <u>do not interfere</u> with each other's game.</p> <p>-Target games use <u>physical skills</u> such as striking and throwing to send the object. They also require <u>thinking skills</u> to avoid obstacles.</p>	

Physical		
Skill	Definition	How do I do this?
Throwing for Accuracy (overarm) 	To send the ball through the air with hand above shoulder.	-Keep your eyes on the target. Your opposite hand should be pointing at the target. Side on from the target. Stand with opposite leg to throwing arm forwards.
Throwing for Accuracy (underarm) 	To send the ball through the air with hand below shoulder.	-Keep your eyes on the target. Your opposite hand should be pointing at the target. Face on from target. Stand with opposite leg to throwing arm forwards.
Bowling Throw 	To roll a bowling ball along the floor towards a target.	-Stand side on to target. Feet parallel, shoulder-width apart. Eyes stay on ball, head still. Swing club back, leading arm stays straight. Swing forward aiming to strike down on the ball.
Golf Swing 	To swing a golf club and strike a golf ball towards a target.	-Grip the club with dominant hand on the bottom, thumbs pointing down the club. Stand side on to target. Feet parallel, shoulder-width apart. Eyes stay on ball, head still. Swing club back, leading arm stays straight. Swing forward aiming to strike down on the ball.

Social and Emotional		Key Vocabulary	
<u>Planning</u> Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan our routes and strategies before our go.	<u>Keeping Safe</u> Follow the rules and listen to the instructor's advice. Store and handle equipment properly. 		Target Games
<u>Supporting and Encouraging</u> Encouraging and supporting others can help them to feel good and perform well. 	<u>Respect and Kindness</u> Respect is the act of giving attention and showing care to others. It is important to be respectful to everyone, including opponents, referees and coaches.		Target
<u>Honesty and Fair Play</u> Fair play is about learning the rules of the game and putting them into practice honestly. As target games are often played individually, we need to make sure that we are honest about our scores and results.	<u>Managing Emotions</u> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat. Use deep breaths to stay calm.		Obstacles
		Golf	
		Club	
		Course	
		Throwing	
		Striking	
		Rolling	
		Bowling	
		Fairness	
		Honesty	
		Strategy	

Thinking/ Strategic	
<u>Bow and Arrow</u> – The equipment used in archery. The bow is fired by pulling it against the string of the bow and releasing. 	-Success in target games is about thinking carefully in order to overcome or avoid obstacles. You may develop a <u>strategy</u> to help you be successful. For example, you may aim your shot in golf to avoid trees or sand-traps. You also need to think about other <u>factors</u> that may affect your result, e.g. the wind in archery.
<u>Golf Club</u> – A special long stick with a larger part at the bottom that is used to hit the ball in golf. 	
<u>Bowling Ball</u> – A large, solid ball, that has finger and thumb holes. It is normally quite heavy, so that it can knock over the skittles.	

Health and Safety

Always try to follow the rules of the game.	Be aware of the people and space around you.	Store equipment safely when it is not in use.	Unused balls should be in bags or trolleys.	Hard objects, like golf clubs and balls, should be used very carefully, to avoid injury.	Make sure that you warm up properly.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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