

Description of Activity

Arrange pupils in groups and line each group up behind a cone along one edge of the playing area. Invite each group to set up three target squares using spot markers at one metre intervals from their cone, as shown in the image. Each group has a unihoc stick (or other striking implement) and a beanbag. Pupil A strikes the beanbag gently, aiming for it to stop travelling inside the first target square. Pupil A then hands the stick to the next person in line and runs to retrieve the beanbag. Pupil B then repeats the action. On the pupil's second turn, they must attempt to land their beanbag inside the second target square, and the game continues until pupils have successfully landed their object in each target square.



Variations

- Use a unihoc puc instead of a beanbag.
- Place the targets squares end to end from the first cone, without space in between.
- Pupils retrieve the beanbag or puc using the stick and dribble it back to the start.

Equipment

An indoor, hard surface playing area, cones, spot markers, unihoc sticks, unihoc pucs, beanbags



- Encourage pupils to change their strike from gentle to forceful when aiming for distant targets.
- Ensure pupils line up a safe distance back from the striker, use a cone to signify this safe zone.
- Pause the activity at intervals to focus on the specific teaching points for striking with an implement in the lesson. Invite a pupil to demonstrate correct technique and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



- Try this at home by setting up target zones in your garden, kitchen, hallway or driveway. Ask a grown-up to help you.



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