Players in small groups roll or throw a ball to a target aiming to score maximum points.

What you need
- Indoor or outdoor playing area
- Chalk, hoops, markers or ropes to form 3 concentric circles on the ground
- Throw-line 3 metres from target
- 3 bean bags (or similar non-rolling object) per player.

What to do

Setting up
- Form small groups, e.g. 4 per group.

Playing
- Each player rolls or throws the ball to the target area.
- One throw per player before balls are retrieved.
- Repeat for a given number of rounds, e.g. 5 throws for each player.

Scoring
- Points are scored depending on where the ball stops in the target area.
- Players note whether their score improves from round to round.
- You may wish to set a target score, such as 20 or more, for the 5 rounds.

Learning intention
Bullseye supports students to explore different ways that they can throw the ball for accuracy and control.

Teaching tips
- Swing your arm in the direction of the target so you end up pointing at the target after you release the bean bag.
- Adjust the direction and force of your throw based on your previous attempt/s.
Coaching

- Try pairing players and provide some ‘what to look for’ throwing or rolling tips. The ‘observer’ provides the ‘thrower’ with feedback.
- The leg opposite the throwing/rolling arm is in front. A good way of coaching this is to select a role model and ask the players questions.

Game rules

- Include everyone by allowing kicking. Remember the object of the game is to send a ball to a target. A kicking option opens the game to players who may not be able to throw the ball.
- Increase or decrease the distance from the throw-line to the target. This adjustment helps to accommodate different player abilities. This option may be offered from the start.

Equipment

- Slower ball/faster ball; larger ball/smaller ball. Which is best for rolling/throwing?
- A non-rolling object, such as a bean bag, may be used with a wall target.

Playing area

- Making the target size bigger, or the distance to the target smaller, makes the activity easier.
- If a wall target is used, the activity can be made harder by requiring players to stand side-on to the target.

Safety

- Players do not retrieve balls until the round is finished.
- If a target is placed on a wall, players should be aware of the rebound.
- Ensure sufficient space between groups.

ASK THE PLAYERS

- ‘Which rolling or throwing technique gives the most accuracy?’
- ‘Will your throwing technique change for a wall target?’
- ‘What changes can you make if the ball goes too far/too short?’