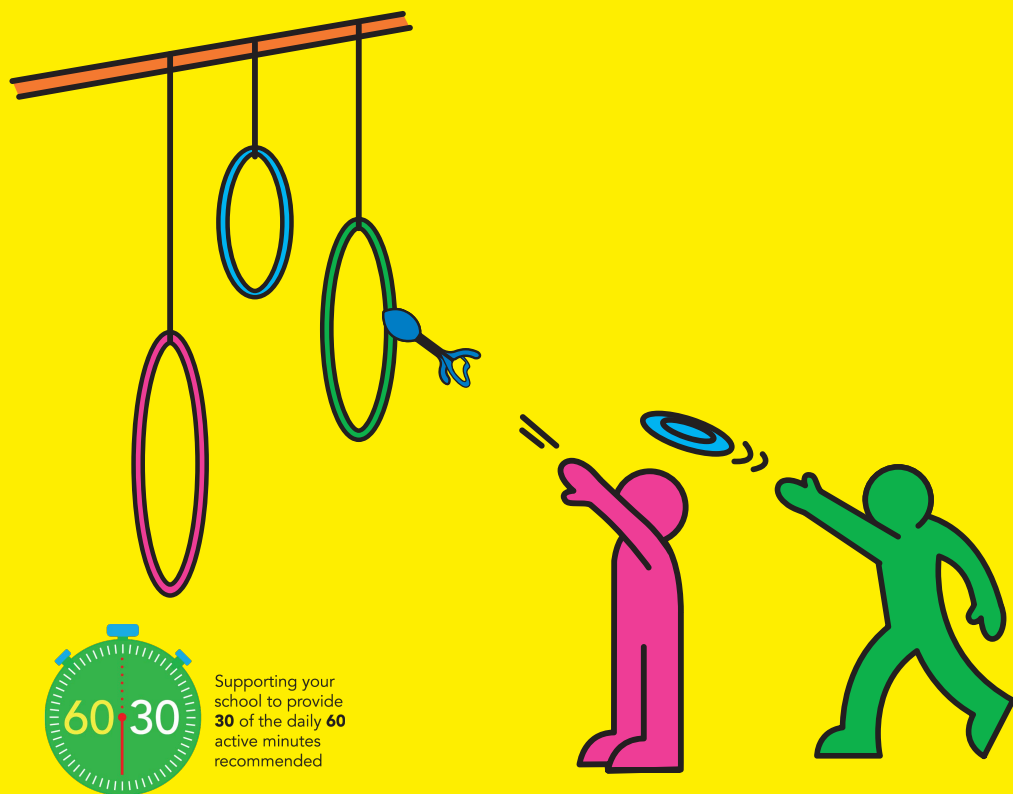


# flight path

How high do you fly,  
how low do you go?



## how to play



Using string, attach hoops of different sizes to a tree, football goal or play equipment. Hang them at different heights for more of a challenge.

Players then take it in turns to throw objects through the hoops to score points. Throw in a variety of ways – underarm, overarm or chest pass, while moving, forwards, backwards or sideways – to see which works best.

Remind players about the importance of a good posture and keeping a good head position (it helps to look directly where you're throwing). You'll need to judge distance, height, correct flight path required and the speed of your throw to be accurate.

**Safety:** make sure hoops are hung from safe, secure objects. Players must not collect equipment until instructed to avoid collision with equipment in-flight. Choose equipment to throw that's lightweight and safe.

## equipment



Hoops as targets, string for hanging the hoops, something to hang the hoops from like a climbing frame or a tree, throwall, throwing scarves, bell balls, frisbee.

## sporting connection



Aim and focus are vital in sports like archery, golf and fencing. You also need to think about how fast to move and what direction to face to hit your target.

## did you know?

Olympic and Paralympic archers can fire their arrows over 200mph to hit a target that is 70 metres away.

## wider club activities

## flight path

### Skills

### Example

#### Thinking me

We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?

#### Social me

Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.

#### Healthy me

Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.

#### Physical me

During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.

#### Creative me

During this week, use the blank sheet in your logbook to help you to create a new game – be creative, but be safe!

## space

Stand closer or further away from the targets

Use larger/smaller targets

Hang targets at differing heights using the space above and below

## task

Throw in different ways – overarm, underarm, chest pass

Roll the ball through low targets

Give each target a score depending upon the level of challenge

Move while aiming at a target (walk or run at different speeds)

## equipment

Use different types, sizes and weights of balls

Try throwing beanbags

Use different sizes of hoops

Create your own hoops using shapes cut from cardboard or boxes to make targets larger/smaller

## people

Play as individuals

Play in pairs

Play as a team

Set team challenges (e.g. how quickly can all team members successfully throw through a hoop)

Players who have vision impairments can be guided by a caller who provides information about the target like its distance and height from the ground