

# bullseye

Nearest the centre  
wins the game



Supporting your school to provide 30 of the daily 60 active minutes recommended

## how to play



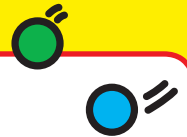
Lay out a target parachute on the ground. Players sit, kneel or stand around it. Then, using beanbags, play these games:

1. Aim for the bullseye, add up points scored
2. Use six pieces of equipment per team and aim for the outer ring, or coloured segment then the next and so on until the sixth throw is aimed at the bullseye
3. The leader calls out the colours of the rings randomly. Players aim for those colours
4. Now try these games using only chest passes, underarm or overarm throws
5. Place a target ball on the parachute – score extra points if you hit it!
6. Try the games kneeling down or sitting, rolling balls.

**Safety:** make sure the parachute sits in enough space, so if children throw too far, the balls won't hit other players or objects.

## equipment

Target parachute, goalball, koosh balls, variety of small light balls, bell balls, marking feet, balloon ball, chute, velcro target set.



## sporting connection



This is great for judging aim really well and developing other skills for target based sport, like good stability when throwing while standing, sitting or kneeling.

## did you know?

Bowls and boccia are the only target games where the aim of the game is not to hit the target but to get closest to it.

# wider club activities

# bulls eye

## Skills

## Example

### Thinking me

This week, can you talk to your family, watch the news or read the newspapers to find out some sports activities that have taken place during the week in the UK or abroad? Write down your favourite and we can share some facts about them next week. Let's see if we can come up with lots of different ones.

### Social me

For next week's session can you find out all about our local newspapers? Bring in their address, email and phone number so we can write to them and see if we can get someone to include an article all about what we do.

### Healthy me

For next week, all bring a water bottle to fill up and drink from during and after the session – any clean plastic bottle will be fine.

### Physical me

During the week, make a note of the activity that makes your heart beat the fastest.

### Creative me

Can you come up with a new name and logo for our new sports club? Let's choose a winner next week.

## space

Stand closer or further away from the target

Take a step backwards each time a target is reached; move closer after a miss

Place the parachute on a table top to create a different height of target

## task

Throw in different ways – over arm, underarm, chest pass, overhead pass

Vary stances when throwing to a target, e.g. lunge position, two footed, or a sideways stance to the left and right

Alter the scoring system depending on the activity

Stand on one leg while playing

Play sitting or kneeling

Place plastic cups on the parachute and try to knock them

Place target balls on the parachute and award extra points if these are hit

## equipment

Use a smaller/larger parachute

Use a range of small equipment to throw with – different sized balls or koosh balls

Create your own throwing equipment, e.g. rolled up socks, scrunched up newspaper, gloves, hats – anything small and soft

Use the chute to make the activity easier

## people

Play as individuals

Play in pairs or small teams to encourage team tactics