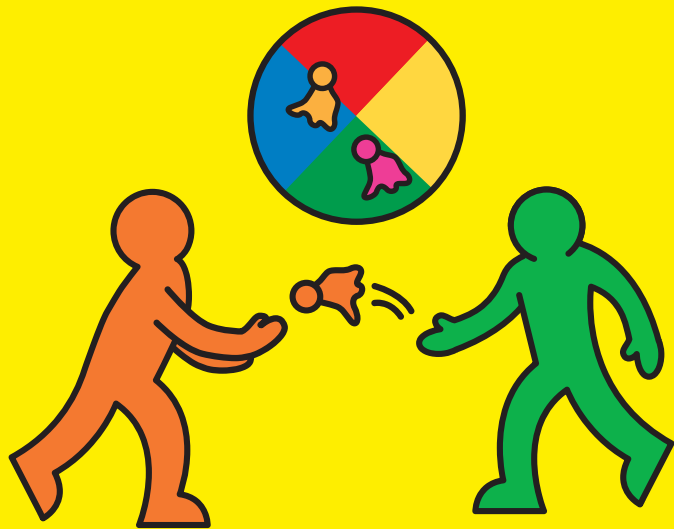


reaction time

React at the right speed to hit moving targets



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

how to play



Goalball circles – players kneel in a circle, wearing blindfolds. On the ground between each player is a flat marker – that's a goal to defend. The bell ball is rolled into the circle and players must aim the ball and try to score into another player's goal. You'll need to listen carefully and react when the ball approaches your goal! Score points for goals saved and goals scored.

Ready, aim, go – in pairs, players stand opposite each other. Player one throws a beanbag underarm to their partner who has to 'bat' it away (using their hand) to the left or the right. Good at this? Set a target each side of the batter – let's see if you can hit them with a short, sharp movement!

Safety: make sure beanbags aren't thrown too quickly.

equipment



Bell balls, blindfolds, goalball, flat markers, beanbags, targets – cones are ideal.

sporting connection



These archives develop excellent listening skills and quick reactions that help develop the skills associated with sports such as goalball.

did you know?

We lose half a litre or more of water every day just by breathing. If you're not drinking enough water it will slow down your reaction time. Usain Bolt's reaction time off the line in the Beijing 2008 Olympic 100 metres final was 165 milliseconds – that's quick!

wider club activities

reaction time

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

In Ready, aim, go, move targets closer or further away from the batter

In Ready, aim, go, make targets larger/smaller

Vary the distance between the thrower and batter; for example, further away gives the batter more reaction time

In Goalball circles, make the circle larger/smaller

In Goalball circles, make the targets larger/smaller

task

Encourage players to throw beanbags at varying heights

Create a range of targets to bat beanbags into

Vary the speed of beanbag throws - throw it faster/slower

In Goalball circles, play kneeling up, sitting down or standing up

equipment

Use a variety of beanbags - different sizes, shapes and weights

Tape/hoops/chalk to form targets

Change size of the goalball

people

In Goalball circles, increase/decrease the number of players in the circle

In Goalball circles, encourage players to swap places around the circle

In Ready, aim, go, swap partners to play with different people

In Ready, aim, go, take turns to be thrower and batter