



Get Set 4  
Education

# Knowledge Organiser Target Games Year 2

## About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.



### overarm throw

- elbow high
- step forward with your opposite foot
- use for distance



### roll

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target



### underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy



### strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

## Key Vocabulary



accurate

ahead

aim

opponent

overarm

release

strike

target

teammate

underarm



If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.

## Ladder Knowledge



### Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

### Striking:

finish with your object/hand pointing at your target.

## Movement Skills

- roll
- overarm throw
- underarm throw
- strike
- dodge
- jump

This unit will also help you to develop other important skills.

**Social** congratulate, support others, co-operation, kindness

**Emotional** manage emotions, honesty

**Thinking** identify areas of strength and areas for development, select and apply, comprehension, decision making

## Rules

Know how to score points for each game and follow simple rules.

## Tactics

Use and apply simple tactics. They help us to make a plan to complete a challenge.

## Healthy Participation



- Make sure unused balls are stored safely.
- If hitting a ball make sure there is a safe space.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

## Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

## Bowls



**What you need:** two players, a marker and three pairs of socks each

### How to play:

- Play against another player.
- Place a target marker an agreed distance from a start line.
- Takes turns to roll or throw your sock towards the target marker.
- Whoever lands closest to the target marker wins the round.
- Play first to ten points.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



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