Flip the Hoop
Target Games

Equipment

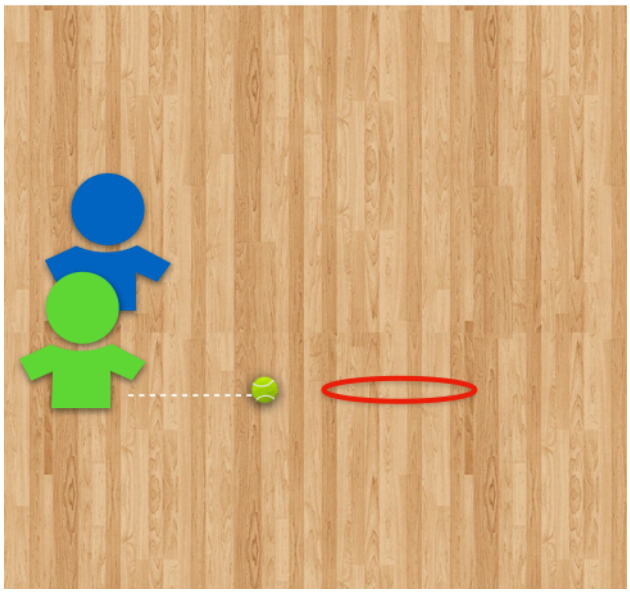
- Hoop
- Ball

Tactical Focus

Proximity to Target | Avoiding Obstacles | Creating a Dynamic Reaction | Defending Space/Objects | Getting Last Shot

Description

- Split students into small groups.
- Each group has one hoop and one ball.
- Students aim to roll/throw ball into the hoop.
- If the ball stays in hoop then students can flip the hoop over, making it further away from them.
- If the ball does not stay in the hoop then the hoop stays in the same spot.
- Each time the hoop is flipped the target gets further away.



Modifications (Change It!)

Change it Up

Decrease the size of the hoop.

Students can only throw (not roll) the ball.

Change It!

Use a different type of object eg. Bean bag.

Use a different size ball eg. small, medium, large.

Change it Down

Increase the size of the hoop.

Allow students flip the hoop if the ball passes through it.

Assessment

Emerging

Player has difficulty using appropriate force when sending the object.

Developing

Player can sometimes use appropriate force when sending the object.

Competent

Player can use appropriate force and direction when sending the object.

Proficient

Player always uses appropriate force and direction when sending the object

Questions

How did you decide on how much force to use when sending the object?

What other types of games/sports do you need to judge the amount of force to use?

How did you reflect & adjust your skill when you used too little or too much force?