

Portable Multi-Faced Targets

Item #14836

- **Overview.** Portable Multi-Faced Targets are great for teaching throwing skills to beginners! Keep the action safe and interesting with this PVC-framed target set. Target face set consists of four different target schemes that measure 39”H x 34”W and attach to the frame with hook and loop fasteners. Set includes six 5” soft, cloth-covered tossing discs, and a knockdown portable frame that sets up in minutes.

- **What Are the Educational Applications?**

- Before a student can successfully throw, one needs to start with the building block basics, and different students require a different amount of time to master these skills. The Multi-Faced Targets allow for the necessary differentiated instruction to overcome this hurdle.
- Throwing activities are an important component at any level in Physical Education. When teaching these types of activities, accuracy should be an important point for discussion. By focusing students on the target area to throw at when stationary or moving, a higher level of success is usually achieved. Moreover, throwing successfully and accurately translates into daily routine. Throwing is used in almost every aspect of activity from dance routine props to typical sport movements such as baseball or football.
- Throwing to a target is a skill used not only in sports, but also in everyday life. It is often more efficient to toss an object to someone than to walk it over and hand it to the individual. The Portable Multi-Faced Targets help practice throwing underhand or overhand skills in more of a game than in a traditional sport setting.
- The Multi-Faced Targets can also be used to teach hockey skills and pitching with accuracy.
- Helps teach younger students shapes, body parts and emotions.



- **How Can I Use This Product With My Students?**

- **Where:** Can be used indoors and outdoors.
- **Age:** Appropriate for a variety of age and skill levels.
- **Group Size:** Varies based on activity.
- **Basic Skills Needed:** Prior to using Portable Multi-Faced Target, teachers should teach underhand and/or overhand throwing cues.

- **Setup/Instructions**

- When assembling, make sure hooks that hold the targets together and the PVC pipes are securely locked into place.
- When putting the item together, mark the different-sized pieces so it can easily be put together the next time and every time thereafter.
- If practicing throwing from a stationary position, the Portable Multi-Faced Targets should be firmly planted in the proper place so that the students will be able to successfully aim and get the objects inside the pockets.
- Throwing distances should be marked appropriately for each given age group.

The Games/Activities

• **Activity #1: Face Throws**

- a. Objective: To work on accuracy, and word and picture recognition.
- b. Set Up: Discuss proper throwing technique with students using throwing cues prior to activity. Create note cards of different facial parts with the word of the body part and/or shape along with a picture of that part. Place cards face down on the opposite end of the gymnasium.
- c. How to Play: Have students run down and pick a card then run back and try to throw the object into that part of the target. If successful, the team keeps that card. If unsuccessful, the card must be returned to the pile.

• **Activity #2: Here's the Pitch**

- a. Objective: To teach pitching concepts and accuracy.
- b. Set Up: Discuss proper pitching technique. Tell students that the different body parts represent the different throwing zones. Depending on the height of students, designate the eyes, nose and mouth as either "strike" or "ball" zones.
- c. How to Play: Have another student do a peer observation of pitches and keep track of how many strikes and balls the pitcher pitches. Double point values can be given if the object goes into one of the body part pockets.

• **Activity #3: Make the Grade**

- a. Objective: This activity focuses on throwing from a stationary position to a designated target. In each situation, the distance between the individual and the target increases. Throwing from a stationary position is an important lead-up to throwing while moving because it helps emphasize positioning and gives ample time to work on cues.
- b. Set Up: Set up Portable Multi-Faced Targets so that two faces are placed back to back. For each target, use a dome or cone to mark off five spots increasing in distance from the target, e.g. 10', 15', 30'.
- c. How to Play: Have students line up behind the farthest cone to wait for their turn. The closest marker represents the lowest grade, and the grades increase as the distance increases. All students must start at the lowest grade. To advance to the next grade (the next closest marker), the student must throw the object into one of the face holes. If the student misses he/she stays at that target's grade level by going to the back of that line and waiting for his/her next turn to try and advance. If the student makes the toss, then he/she still goes to the back of the line, however, on the next turn the student will throw from the next marker giving more distance between themselves and the marker. The same game is played on the opposite side using the other face. This allows for two games to go on simultaneously, increasing the amount of participation.
- d. Extensions:
 - Change size, shape or weight of object thrown to the Portable Multi-Faced Targets.
 - Once a student goes through all grades, have him or her try using their non-dominant arm.
 - Have students aim for a specific part of the face such as eyes, nose, or mouth in order to advance.
 - Instead of using markers, set up the targets at different distances, i.e. 10', 15', 30'. The students that make the target throw will move up a "grade" and keep moving up and the other students will keep working at their level of ability.

• **Activity #4: Throw the Yard**

- a. Objective: This activity is another throwing building block. Students are given the option of throwing an object while moving or standing still, even though the target remains stationary. It provides an opportunity to work on offense and defense because both sides aim for the other team's target while guarding their own.
- b. Set Up:
 - Divide the area into four equal-sized "yards," using cones if needed.
 - Divide the students into teams, choosing students of varied abilities so that the teams are evenly matched. This same game can be played with two team yards instead of four if equipment or space is limited.
 - Place the same number of crates, large and small boxes, Portable Multi-Faced Targets and large garbage cans in similar places in each of the "yards." Give each team the same number of objects to use for throwing (e.g., yarn balls, "Dino-Skin" balls, foam balls, etc.).
- c. How to Play: On the "go" signal, students try to throw balls from their area into the containers and Portable Multi-Faced Targets in the others' yards. Students may pick up items from the ground but may not remove objects from Portable Multi-Faced Targets or containers. On the teachers "stop" signal, have students divide the balls up, so that each team has an equal number of balls, and begin the game again.

• Safety Issues & Concerns

- Make sure each Portable Multi-Faced Target is securely planted in place.
- Students should be aware and alert when retrieving objects from the area where others are throwing objects. Do not allow students to stand near the Portable Multi-Faced Target when others are throwing, shooting or retrieving.
- Do not allow students to pull on the Portable Multi-Faced Target, as this can result in the item coming apart.
- Students should only aim the throwing objects at the Portable Multi-Faced Target, and not at other people.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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