

# hot shots

How many targets  
can you hit?



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

## how to play



**Hot shot** – make a pyramid of buckets. Each player has 3 shots to try and knock it down. Award a point for every bucket knocked over, or come up with your own scoring system.

**Slam Dunk** – mark out a throwing line and place buckets at differing distances away from it. Each player has 3-5 objects to aim into the buckets. You get more points for the ones that are further away.

**Roll 'em** – spread the buckets out on their sides. Each player has 3-5 attempts to line up and roll their ball into the buckets.

**Safety:** make sure the buckets are placed safely where no one can move behind them (up against a wall is ideal). Use things that are safe to throw.

## equipment



Buckets, a selection of small balls, throwing scarf balls, bell balls, goalball.

## sporting connection



You need a good posture and head positioning to make the best throws, and that's something which comes in handy for sports like fencing, archery and goalball.

## did you know?

Goalball is a team Paralympic sport, where everyone wears goggles. That's so people with limited eyesight can play it alongside people who are completely blind.

## wider club activities

## hot shots

### 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

Place targets further away/  
closer together

Create a barrier between  
the player and the target to  
encourage throwing higher up  
and using space above

Create a circular zone around the  
targets so players can play from  
a variety of start points and more  
players can play at the same time

## task

Aim at the targets in different ways  
(e.g. underarm throw, overarm throw,  
rolling the ball)

Throw/roll at the targets in a specific  
order in Slam dunk and Roll 'em

Make sure that targets provide  
options for players who throw or send  
the ball in different ways (e.g. those  
using a ball-sending ramp can go  
around obstacles)

## equipment

Give players the choice of  
different sized balls or other  
throwing equipment

Use boxes or waste paper bins  
instead of buckets to create  
targets of different sizes

## people

Play as an individual

Play as a team, by adding  
together individual scores