



## Student Activities

**Title** Accuracy, Distance and Speed

**Theme** Motor Skills

### **Introduction**

In many ball sports, players require great control when throwing, striking or kicking a ball. Aspects of ball control include:

- Accuracy – The ability to strike a target with a ball
- Distance – The length a ball will travel after being kicked, thrown or hit
- Speed – How fast the ball travels while in motion

Mastering these skills requires constant practice and concentration on correct technique.

Increased physical activity causes the body to become hot and sweaty. To control the body's temperature we need to increase the amount of water we consume.

### **Learning tasks**

You will test a variety of sports equipment using your own strength to see which can be thrown or kicked the most accurately, the furthest (distance) and the fastest (speed).

1. Brainstorm specific examples where players require the skills of accuracy, distance and speed while playing a ball sport.  
Record all ideas on three large sheets of paper titled: accuracy, distance and speed.
2. Outside, in a large open space, test a variety of different balls. Which are the best for throwing and kicking, when you need to achieve accuracy, distance and speed?
3. Analyse the different techniques you used in order for the ball you kicked or threw to travel further, faster and with greater accuracy? Think about how you used your body.

Don't forget to be SunSmart and to make sure you drink water.