



## For The Teacher

Upper Primary Years 5 & 6

Week 4

**Title** Accuracy, Distance and Speed

**Theme** Motor Skills

### Overview

In many ball sports, players require great control when throwing, striking or kicking, in order to achieve the accuracy, distance and speed they require.

Students will test a variety of balls to determine which provide the best accuracy, distance and speed. They will then be given the opportunity to discuss techniques used to gain a greater distance (throw the ball with more force which in turn creates higher acceleration giving it more velocity/speed) or be more accurate. For example have a run up rather than propel the ball from a stationary position.

Students will be reminded of the need to drink water regularly while involved in physical activity.

### Time required

40 minutes

### Preparation

A variety of equipment such as:

- balls – tennis ball, football, netball, basketball, etc.

Prepare a large open space, such as an oval or playing field, with the following:

#### Station 1: Accuracy

Using a target such as a cone or a marking on a wall or tree, students throw or kick a variety of balls from a set distance.

#### Station 2: Distance

Mark out 10, 20, 30, 40, and 50 metres with cones or markers. Students throw or kick a variety of balls from a set starting point.

#### Station 3: Speed

From a marker, organise half of the group to line up in a row and kick or throw a ball at the same time, using a variety of equipment. The other half of the group will make observations about the speed and trajectory of the launched balls, (from a safe distance away). Students can then swap roles and repeat at a safe time.



**Background information and possible discussion points**

Discuss why accuracy, distance and speed are important in ball sports and other sports. Provide examples of how each is demonstrated in sport.

Netball for example, requires all three skills, a Goal Shooter would need a great deal of accuracy to shoot a goal, the Centre player needs to pass the ball a greater distance and speed to reach a player standing on their own at the other end of the court.

The human body is made up of 60-75 per cent water. Water helps carry nutrients throughout the body, aids in digestion and helps regulate body temperature. Human beings need to balance their water intake, with what is lost on a day to day basis. Increased physical activity requires an increase in water consumption to control body temperature and to cool working muscles.

**Support materials and references:**

**For Kids**

1Seven article: [Top Up Your Tanks](#)

**For Teachers & Parents**

1Seven article: [Fun Footy Drills](#)

**Thinking strategies**

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
*	*		*	*	*		

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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