

Power Skills



Great Games

Moving skillfully and thinking strategically

TARGET GAMES

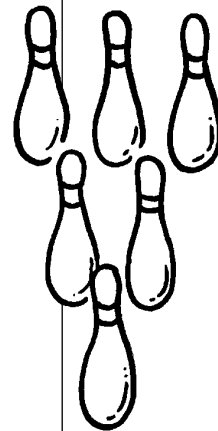
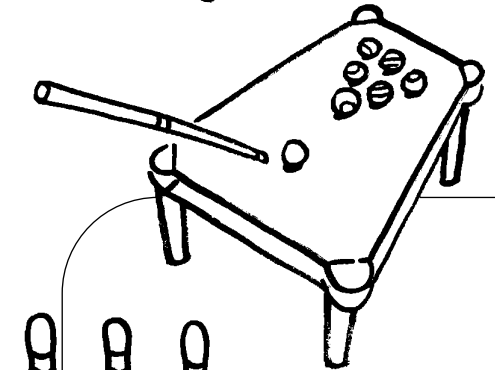
Ready

Learn The Skills

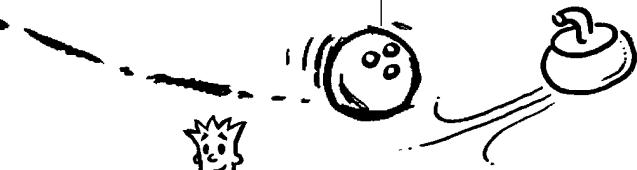
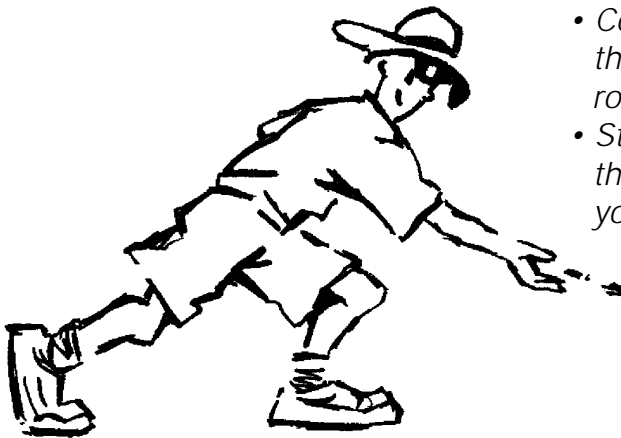
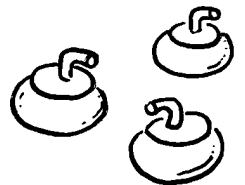
- Invite a family member or friend to play this game with you.
- Warm-up by doing some walking type activities then some light stretching.

Key elements of form

- Look at the target.
- Point your toes at the target.
- Swing arms back like an elephant's trunk.
- Control the release of the throw so the ball rolls smoothly.
- Step forward with the foot opposite to your throwing hand.



If you like to play target games, you can play sports like bocce, billiards, curling, and bowling!



Turn up the heat!

You add the challenge!

- Use a hockey stick to deliver the ball.
- Hit various sizes and shapes of targets.
- Create a maze and make it a "mini-putt" type game.
- Play billiards by rolling the ball with your hands (i.e. no cue).



Heart Leaders!

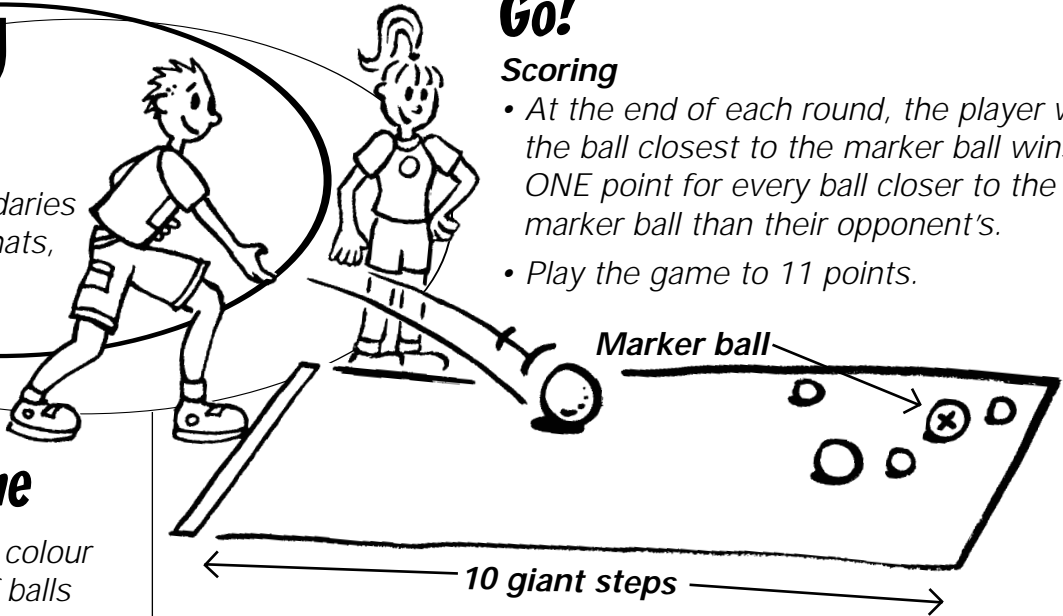
Invite a younger family member or neighbour to join you. Teach them what you know!



BOCCE

Set!

- Mark off boundaries (use a jacket, hats, chalk, etc.).



Go!

Scoring

- At the end of each round, the player with the ball closest to the marker ball wins ONE point for every ball closer to the marker ball than their opponent's.
- Play the game to 11 points.

Learn the Game

- Find some different colour or different types of balls (e.g. tennis balls, croquetballs, golf balls). You need 2 sets of 4 balls that are the same colour/type and one ball that is different from all the others.
- Kevin wins the coin toss, so he will throw the marker ball past the mid-line.
- The marker ball needs to be a ball of a different colour or size than all the others.
- Monica throws her ball, to try to get as close to the marker ball as possible.
- Kevin now throws his ball, trying to get it resting closer to the marker ball than Monica's.
- Each takes a turn until all their balls are thrown.
- Another round starts, but this time Monica throws the marker ball.

Add a Rule!

You can hit the marker ball (accidentally or intentionally) and its new position now becomes the new targeted spot. Play bocce again and see if this rule changes how you play the game.

Which technique makes the ball roll more?

- A low toss.
- A high toss.
- Tossing the ball with a top-spin (palm up release).
- Tossing the ball with a back-spin (palm down release).

Experiment getting the ball to "break right" or "break left". **Hint - Spin the ball.**

Add challenge!

- Bounce the ball off a wall and use the rebound angles to your advantage.
- Create an "obstacle zone" halfway down the court - before each throw, opponents can place a shoe strategically to make the shot more difficult.



Heart Leaders!

Can you think of a way to include 4 players? Invite friends and family members to try it out.