

Foxtail Lawn Darts
by
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Title: Foxtail Lawn Darts

Grade Level: K-12th Grade

National Standard:

#1 #2 #3 #4 #5 #6

Learning Objectives:

- The student will practice underhand and overhand throwing skills.
- The student will learn to work cooperatively in small groups.
- The student will demonstrate responsible personal behavior while participating in movement activities and will understand the importance of respect for all others.

Space Needed: Large Grassy area is best.

Equipment & Materials Needed:

- *Homemade Foxtails*
- Large hula hoops
- Small hula hoops
- Either ropes or cones

Set-Up:

- Place a small hula hoop inside a large hula hoop
- Use either cones or a rope to mark the foot fault line
- The foot fault line should be at least 10 feet away from the outermost hula hoop
- To make it more challenging increase the distance between hula hoops and foot fault line
- Add smaller hoops inside the smallest hula hoop.

Description of Learning Activities:

- When playing singles, students take turns after every throw.
- When playing doubles, the 1st person on team A throws, then the 1st person on team B throws; in the next round the 2nd person from team A throws then the 2nd person on team B throws; continue this rotation.
- Each student will have the opportunity to throw three (3) times.
- Scoring: If there are more than two hula hoops the smallest hoop=10 points; inside hoop=5 points; outermost hoop=3 points.
 1. Singles=total of all points earned for the each player.
 2. Doubles=total all points for both player per team.
- Rules:
 1. If the player's foot touches or crosses over the foot fault line, the throw is invalid (does not count).
 2. If a foxtail hits another foxtail into a different hoop, the points are tallied according to the new landing place.
 3. To make it more challenging: if the tail is touching the hoop, the player either receives no points or the points equivalent to the lower point value.

Authentic Assessment Strategies:

- Demonstration of appropriate behavior.
- Successful attempts of throwing the foxtail into the hula hoops.
- Observation of students throwing form and accuracy.

Debriefing & Reflection:

- What process did your group use to determine which team will throw first?
- What strategies did you and your partner use during the game?
- What skills did you use?