

# TARGET GAMES

Most target games taught in Physical Education (PE) are unopposed. Méndez-Giménez, Fernández-Río, & Casey (2012) expanded the category of target games by including **moving** target games. According to Méndez-Giménez et al. (2012), **moving** target games are an appropriate progression from target to striking & fielding games (unlike the too large of a 'gap' between striking & fielding games and opposed target games).



## WHAT ARE TARGET GAMES?



Games where players send an object towards a target area (Sport New Zealand, 2022). They often include a target that is stationary and the player or players must hit the target with or without the help of another object (Almond, 1986).



## SUB-CLASSIFICATIONS

Target games can be classified as:

### UNOPPOSED

A type of target game where participants perform independently/taking-turns with their opponent while still sharing the playing space (Mitchell et al., 2003).

### OPPOSED

A type of target game that allows the participant to counterattack a move that has been made by the opposition (Mitchell et al., 2003). The opposition's play affects the next move (Sport New Zealand, 2022).

### MOVING

A type of target game where participants send objects at a target (e.g. bowling pin, person) and the opposing players try to prevent a target from getting hit.

## EXAMPLES

### UNOPPOSED

Frisbee Golf  
Darts  
Archery  
Bowling



### OPPOSED

Beanbag Bocce  
Curling  
Pool  
Croquet



### MOVING

Prairie Dog Pick-Off  
Rock-It-Ball  
Gaga Ball  
Dodgeball



## TACTICAL QUESTIONS

Tactical decisions in **unopposed** and **opposed** target games are made before the skill is performed (Mitchell et al., 2003).

Where can we play this game, or games like this, in our community? (O'Connor et al., 2022)

How can you use changes of speed/direction in **moving target** games? ?

How does varying height, spin, and/or speed change the outcome?

How can we prevent the opponent from scoring in **opposed** target games?

## RESOURCES

Games linked above taken from:

🎯 [PlaySport.net](https://www.play-sport.net/)

🎯 [ThePhysicalEducator.com](https://www.thephysicaleducator.com/)

🎯 [Sport New Zealand](https://www.sportnz.gov.nz/)

## KEY ELEMENTS OF MOVING TARGET GAMES

**Equipment:** Gatorskin or foam balls. **Duration:** Points or time limit.

**Target:** A specific object (pins, cones, etc.) or a person. **Rules:** All participants share same two roles. Either a pursuer or pursued

**Play Space:** Both teams can share the same space or they can be separated (e.g. cones down middle of playing space). **Skills:** Basic locomotor skills (e.g. skipping, hopping), specific locomotor skills (e.g. dodging, balancing) and manipulative skills (e.g. throwing, catching).

**Players:** Often played in teams.

