

ACTIVITY SHEETS

AIR GOAL TARGET TRAINER



A versatile target for flying discs, balls, bean bags and more. With 3 adjustable heights and its lightweight and easy transportation, the Air Goal can be used both indoors and outdoors for a range of individual and group activities. Fill the base with sand or water for stability. Suitable for a range of modified games, inside or out.

ACTIVITY IDEAS

TABLOID SPORT ACTIVITIES

Can be used as goals or targets for a variety of Tabloid Sport activities. Suitable equipment that can be thrown into the goal include Bean Bags, Flying Discs, Tennis Balls, Koosh Balls, Roo Balls, Comets and other modified equipment.

RELAYS

Divide the class into even teams, numbers depending on how many Air Goals you are using. Line the teams up behind a flexidome and have each team have a hoop on the ground with the same number of bean bags- or other modified gear in the hoop. Another hoop is placed at a suitable distance from the Air Goal.

One student at a time races the student from the other teams to take one item from the hoop run up to the second hoop stand inside and throw the object into the Goal. They then run back and tag the next team member. If the object misses the goal they still run back and tag.

Once all the objects have been thrown and all students had a turn then the team that has the highest number of objects in their goal wins!

This can be altered by having students perform different movements whilst getting their way to the goal, like running, leaping, jumping, hopping...

FRISBEE GOLF

A number of Air Goals is required for this activity. Each Air Goal has a number by either sticking our adhesive numbers onto the base, writing on the base or simply having numbers on paper next to the Goal. A hoop is placed near the Goal where the students are to stand inside and throw from. This length can be varied at each goal.

Like golf, Students record how many throws it takes them to throw the Frisbee into the goals and calculate them at the end. The lowest score wins! This can be varied by also adjusting the heights of the goal, the distance and the objects used.

MODIFIED GOAL GAMES

Use these goals on a field, in the hall or by a pool to play modified team games with targets using various equipment.

MODIFIED BASKETBALL

Using our modified PVC Balls, introduce younger students to the game of Basketball. Using it indoors or outdoors Children will start to understand the game with the modified Goals. As their skill increases, adjust the height of the Goals.