THROW THE BEST YOU CAN

Age group	Primary School, Grades 1 – 9; Secondary School, Grades 1 – 4	
Competency features	Personality make-up	Ability to accept risk
Aims	▪ to learn to set realistic goals ▪ to learn to assess one's abilities	
Timing	20 minutes	
Location	indoors and/or outdoors	
Resources & materials	4 open-top containers (e.g., buckets; basketball baskets, waste-paper baskets, bins); balls (tennis or similar, based on the container used, 12 off at least); chalk or colour sticky tape to mark the posts; record sheet and pencil for observers (4 off)	
Description		

1) Prior to the exercise, teacher prepares the posts; each will have a bin and three marks (use chalk and/or carpet tape) at 1, 2 and 3 meters from the bin. Should a basketball playground be chosen, teacher will adjust the throwing distance as per bin and balls used, taking into account students´ abilities.

2) Teacher splits his charges into four teams of equal headcount. Each team will be assigned its bin post, provided with at least three balls, and given a record sheet. Each will select their captain, coach, and observer.

3) Teacher explains the aim of the game, which is to hit the target and score. When shooting from the first mark (1 meter away from the bin), each hit will score 1 point; from the second mark (2 meters), 10 points; from the third mark (3 meters), 15 points. Each player has three attempts, and the highest scoring team wins. Concurrently, however, a much more important competition will be taking place: Before shooting, each player has to set a goal for himself, i.e. how many points he will aim for. The winner is the one who has made the best forecast of his performance.

4) As a warm-up, a trial round takes place so that the students can find out about their throwing skills; no goal-setting at this stage. Based on the experience of their performance, they will then set the goals for the first real round.

5) Teacher explains their respective tasks to observers, coaches, and captains.

   Observers will record the projected goals of each player, next to it the actual score, then calculate the required figures (low primary school grades may need

their teacher's help at this; the observer may only record the figures, with no further calculations).

The task of the *coach* is to ensure his group makes the closest possible forecast of their scores. He ought to make everyone realize their limitations and help in fine-tuning their estimations. His remit is a drive towards reality.

The task of the *captain* is to encourage his team towards delivering the best performance. He challenges everyone to improve their scores (e.g., compared to the previously achieved).

6) Each student chooses from which mark he will shoot, and starts throwing. Three attempts are allowed. The observer records the results. Once the game is over, there is an additional round – first, forecasting the result, then the throwing.

7) Observers report the results to the teacher who announces the winner, i.e. the group with the highest score, then the group with the best forecast. He appreciates everyone's effort, paying special attention to the captain of the winning team, and the coach of the team with the best forecast.

8) To wind up, there is a discussion.

Feedback	Questions for discussion: Did you manage to reach your goals? What was your strategy? Could you have scored better? How would that be? What level of risk did you take? Could you have scored better had you risked more/less? How difficult was it to judge your abilities? Did you rather tend to overestimate or underestimate yourselves? Did it ever happen to you? Is it the way it should be, or does it cause you trouble?
Application in classes	This exercise is suitable for PE classes, outdoor activities like field trips, sports meetings, etc.
Inspired by	Canfield, Jack; Siccone, Frank. *Hry pro výchovu k odpovědnosti a sebedůvěře*. Praha: Portál, 1998. 380 pp.
Notes	

Worksheet
THROW THE BEST YOU CAN – GROUP RECORD SHEET

Name	Round 1 - Trial			Round 2			Score total	Differential total
	Projection	Score	Projection/Score differential	Projection	Score	Projection/Score differential		
Group score								