

# DARTS

## LESSON PLAN

**Lesson Topic:** Games and Sports with an emphasis on Lifetime Activities, activities/sports include but are not limited to darts, archery, curling, croquet, and golf.

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## UNIT OBJECTIVES

The student objectives below are followed by specific reference to SHAPE America National Physical Education Standards and Grade-Level Outcomes.



### Students will be able to...

- Demonstrate or refine activity specific movement skills for target activities. (S1.H1.L1/L2)
- Apply terminology associated with exercise and participation in target games. (S2.H1.L1) (S2.H1.L2)
- Use movement concepts and principles to analyze and improve target activity performance. (S2.H2.L1)
- Employ effective self-management skills to analyze barriers and modify physical fitness patterns appropriately. (S4.H1.L1/L2)
- Exhibit proper etiquette, respect others while engaging in target activities. (S4.H2.L1/L2)
- Use communication skills and strategies that promote group dynamics. (S4.H3.L1/L2)
- Solve problems and think critically in physical activity, both as an individual and in groups. (S4.H4.L1/L2)
- Apply best practices for participating safely in target activities. (S4.H4.L1)

*Note: S= standard number; H=high school outcome number; L= level number [level 1 indicates the minimum knowledge and skills that students must attain to be college/career-ready; level 2 allows students to build on Level 1 competencies by augmenting knowledge and skills considered desirable for college/career readiness] (Society of Health and Physical Educators, 2014).*



## Special Considerations

It is important to give students an opportunity to choose appropriate games, sports and events. However, the health and safety of all students is paramount. Games, sports and events must provide safe, meaningful and challenging opportunities for all students.

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## Equipment Considerations

- Darts with plastic tips
  - Dart boards
  - Clipboards and score sheets
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## Safety Considerations

- Recommendation of two students per dart board
- Boards may be placed on the wall or on the floor
- Darts are thrown when both partners are behind the throwing line

# UNIT SCHEDULE

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This unit is segmented into 7 sessions, however instructors can decide to extend or shorten skill instruction timeframes based on what best serves their students. As with many activities/games, skills and understanding of the game only get better with practice, therefore the more students practice playing games, the better they will become.

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## SESSION 1 & 2: LESSON TOPIC INTRODUCTION

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### Objectives

#### Students will be able to...

- Demonstrate or refine activity specific movement skills for target activities
- Apply terminology associated with exercise and participation in target games
- Use movement concepts and principles to analyze and improve target activity performance

### Materials

- **Dart Boards:** Dart boards with 3 darts per board. I recommend one board for every two people. Clipboards and score sheets

### Vocabulary

- **Dart:** pointed object used to hit target
- **Dart Board:** board used as target for dart games
- **Dart Tip:** plastic or metal tip on the end of a dart
- **Doubles:** area on dart board worth 2x the points
- **Triples:** area on dart board worth 3x the points
- **Bulls Eye:** area on in the direct middle of the dart board
- **301:** game starting with a value of 301 and objective of reaching a score of zero
- **Cricket:** dart game using the point valves of 15 and higher

## Task Analysis: Propel an object toward a target

Movement Sequence	Verbal Cues
<p><b>Throwing a dart</b></p> <p><b>Explain how to throw a dart with proper stance and form; demonstrate technique.</b></p>	<ul style="list-style-type: none"> <li>• Hip facing target</li> <li>• Elbow up</li> <li>• Follow through</li> <li>• It is not the same as throwing a ball</li> <li>• Velocity</li> </ul>

### Assessment

**Facilitator Instructions:** Attempt to hit the dart board with the dart sticking

Student Demonstrated...	Attempt #1	Attempt #2	Attempt #3	Attempt #4
<p>Skill 1</p> <p>Look for proper stance and throwing technique</p>				
<p>Skill 2</p> <p>Monitor the velocity at which the dart is thrown</p>				

## SESSION 3 & 4: LESSON TOPIC RELATED TO GETTING STARTED

### Objectives

#### Students will be able to...

- Play and score a game of 301, 501 or 701
- Play and score a game of Cat and Mouse

### Materials

- **Dart Boards:** Dart boards with 3 darts per board. I recommend one board for every two people. Clipboards and score sheets

### Vocabulary

- **Doubles:** Area on dart board worth 2x the points
- **Triples:** Area on dart board worth 3x the points
- **Bulls Eye:** Area on in the direct middle of the dart board

### Session 3 & 4 Content

#### Cat and Mouse

- Each player/team chases the other team around the dart board in an attempt to catch them.

#### 301/501/701

- Each team starts with one of the designated numbers above the must reach zero for the win. If you don't hit zero exactly, you bust and go back to the score you started with.

Student Demonstrated...	Attempt #1	Attempt #2	Attempt #3	Attempt #4
Skill 1 Students understanding of game scoring				
Skill 2 Student understanding of the game				

## SESSION 5: LESSON TOPIC ON STRATEGY

### Objectives

#### Students will be able to...

- Demonstrate strategies for specific dart games
- Demonstrate strategies in finishing a game

### Materials

- **Dart Boards:** Dart boards with 3 darts per board. I recommend one board for every two people. Clipboards and score sheets

Student Demonstrated...	Attempt #1	Attempt #2	Attempt #3	Attempt #4
Skill 1 Student demonstrates proper strategy for games played				
Skill 2 Student attempts proper strategy for specific dart shots				

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## SESSION 6 & 7: LESSON TOPIC ON REAL LIFE SCENARIOS

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### Objectives

#### Students will be able to...

- Use movement concepts and principles to analyze and improve target activity performance
- Exhibit proper etiquette, respect others while engaging in target activities
- Apply best practices for participating safely in target activities

Student Demonstrated...	Attempt #1	Attempt #2	Attempt #3	Attempt #4
Skill 1 Student hits target with consistency (9-10 attempts)				
Skill 2 Student demonstrates the ability of playing and scoring 301 or cricket				

### Activity Protocol & Etiquette

Whether during practice or competition, individuals should be encouraged to abide by the following:

1. No distractions
2. Score your darts before you pull them