

**Recreation & Leisure  
Lesson Plan—Developing  
Darts**

**Instructional Area:**  Leisure  Community  Home Living / Daily Living  
**Ability Level:**  Emerging  Developing  Mastery

**Topic / Skill Outcome:**

- Darts

**Learning Area(s):**

- Communication
- Literacy
- Math & Science
- Physical Education / Recreation & Leisure
- Social Studies

**Purpose of Lesson / Objective:**

- Increase active participation in indoor recreation by throwing darts towards a designated target

**Materials / Equipment / Environment:**

- Student-safe throwing darts
- Two targets
- Carpet piece
- Mat or tape to mark throwing area
- Wide open space with high ceilings

**Group Size:** 2-8    **Time Required:** 15-30 minutes (flexible)

**Lesson Procedure:**

1. Review dart game procedures
2. Demonstrate dart throwing technique using a forward motion with a foot follow through
3. Allow students to practice (one at a time)
4. Have students retrieve darts
5. After students have mastered the throwing technique, position targets at about 5-10 feet from throwing carpet
6. Demonstrate throwing the dart at a target
7. Allow each student to practice this technique
8. Have students retrieve darts and pass to the next student
9. Next, set up two targets on the same side and have students divide into teams
10. Begin a game
11. Scoring is optional.

**Carry Over / Related Activities:**

- Velcro ball dart set and toss and play games

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**Supporting Activities / Possible Adaptations:**

- Provide a moving or hanging target for mastery level students
- Move the targets closer or further from throwing range
- Blind fold student if using soft throwing objects
- Different tactile throwing objects

**Strategies for Participation:**

- Tournaments/Contests
- Prizes

**Student Reaction / Evaluation:**

- Record the number of times dart hit target, technique and scores for different games

**Lesson Support:**

- Sportsmanship
- Hand-eye coordination
- Lifelong sport
- Physical activity
- Provides for a sensory input
- Team building skills
- A positive social interaction and strategic planning