

## Good practices

### COMM\_616BC\_EN

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Description of the problem / exercise:

**The task covers sports, physical education, accuracy, and throwing development.**

Accuracy not only ensure efficient operation, but also create the foundations for long-term effectiveness and satisfaction. That is why it's worth developing these skills and consciously striving for precision and effective purposeful activities in all areas of life.

Exercise description: The instructor/coach uses double-sided adhesive to stick the Poly-Universe forms to the wall of the training room or the current location. The placement can be random or based on order, so the placement is completely arbitrary.

The task of the persons performing the exercise is to hit the different shapes with a ball in the order in which the instructor/coach says. A smaller handball ball would be most suitable for this exercise.

The throwing distance can be determined as desired, commensurate with the abilities. This exercise should be done in a group, as it can easily create a competitive situation, and this situation will encourage the participants to strive for accuracy even more.

- Why this exercise is good: This practice improves accuracy. It is true that this is a throwing exercise, but if the person learns to strive for accuracy through the practice, he will be able to utilize it in other areas of life as well, for example during his work.
- Which level is recommended: It can be used in elementary schools, high schools, and in the training of sports where accuracy contributes greatly to the achievement of goals.
- School subject(s): Physical education
- Comments: This exercise can be made more difficult, it can be further developed, and it can be broken down into levels by changing the placement of the forms or by placing more forms.