

Seniors

DARTS



GET ACTIVE



30 MINUTES



PREPARATION
NEEDED



AIM

Hit the bullseye with this activity card that features a number of different ways to play darts, either as individuals or in teams. Can anyone score a perfect 180?

WHAT YOU'LL NEED

- Darts Board
- Darts



GET ACTIVE: DARTS

THEME: PLAYING SPORTS



LEADER PREPARATION

A leader will need to set up a darts board in your meeting space. Consideration should be given to where this is placed to ensure it is safe and causes no damage to the area around it.



GETTING INTO THE ACTIVITY

Play a traditional game of darts or introduce some variations to help keep the game fresh. Games could be played individually or as part of a team.

301: Each person starts with a score of 301. Taking it in turns, players throw their darts. Scores should be deducted from their starting score of 301. The first person to hit exactly 0 is the winner. Vary the game by reducing or increasing the starting score or by requiring a player to finish the game with a double / triple.

Around the Clock: Each person has 3 darts per go, rotating play between those playing. Start the game by aiming for the number 1. After successfully hitting one that person can then move onto 2, then 3 and so on. The first player to make their way around to number 20 wins. Vary the game by allowing a player to skip a number if they hit a double and skip two numbers if they hit a treble. So, if a double 1 was hit, the player could skip 2 and aim for 3. If a treble 1 was hit, a player could skip 2 and 3 and aim for 4 next.

Killer: Players are given a number between 1 and 20. Each person playing has 3 darts per go, with play rotating around those playing. Each person must hit their own number five times (a double gives two lives and a treble gives three) and when he or she does, they are referred to as a “killer” and remain a killer whilst they still have 5 lives. If they lose a life, they lose their status. Multiple killers can be in play at any time. At this point, the “killer” can then throw at the opponent’s numbers. Whenever they hit an opponent’s number the opponent loses a life. If an opponent’s double is hit they lose two lives and a treble means three lives are lost. The opponents must hit their own numbers again to build their lives back up. If any player loses all their lives they are out of the game. The winner is the last player to remain with any lives.



IDEAS TO TAKE THIS FURTHER...

There are many other variations of darts games that you can play. Spend some time researching other game to play or create your own darts challenge instead.



KEEPING EVERYONE SAFE

Care should be taken when playing with darts. Make sure the darts board is located against a wall, with no one positioned behind it.