

## Throwing 2.1: Underhand roll

5 - 8 year olds

### Introduction (1 - 2 minutes)

*Can anyone think of a sport or a game where people roll a ball?*

Discuss how games like bowling require that you roll very straight and smooth.

### Warm-Up: Hot dog tag (5 - 6 minutes)

- Choose 3-5 children to be taggers, depending on numbers.
- Suggestion: Ask children with a certain color shirt to be taggers, then switch colours for next round.
- Children who are tagged become “hot dogs” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Make sure children exercise caution and look where they are running at all times.

### Demonstration: Underhand roll (1 - 2 minutes)

- Demonstrate an underhand roll to the group using a tennis ball.
- Step forward with opposite foot to throwing hand.
- Transfer weight forward as you release the ball (lean forward).
- Follow-through with your throwing arm after releasing the ball (hand should be pointing at target after release).

**TIME:** 30 minutes

**SKILL:** Object Manipulation

**EQUIPMENT:** Plastic bowling pins or short pool noodle targets, tennis balls

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

### TIPS FOR INSTRUCTION

- Students sit in group in front of leader for demonstration.

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## Practice: Underhand roll (6 - 8 minutes)

- Practice the underarm roll in pairs using tennis balls.
- Designate two lines (e.g. floor markings) where partners stand, so all pairs are rolling in parallel.
- Partners start 3 metres apart, then increase distance after each partner receives 5 rolls.
- Leader circulates and provides feedback.

## Game: Take Down (10- 15 minutes)

- Divide the group into two teams.
- Each team stands at opposite ends of the gym.
- Players cannot cross the centre line of the gym.
- Each player has a pool noodle and stands it up along their team's end line as a target.
- Players should spread out along their end line, and they should stand in front of their noodle target to protect it.
- To start the game, the leader dumps out 10-15 tennis balls into the playing space.
- Players must try to protect their target while retrieving tennis balls and rolling the balls to the other end to knock down opponent targets.
- The first team to knock down all the targets on their opponent's side wins.

### Rules:

- » *No sitting down to protect your target.*
- » *Players must be on their feet at all times.*
- » *If you knock down your target by accident, it stays down.*
- » *Only one person can protect a target at a time.*
- » *You are not allowed to help a teammate protect their target.*

## Summary (1 - 2 minutes)

*When you are underhand rolling the ball, what should you remember to do? (Step with opposite foot, lean forward, point at target etc.)*

## CUES

- *Opposite foot*
- *Lean body forward*
- *Follow through*
- *Point at target*

## TIPS FOR INSTRUCTION

- With Kindergarten children, the leader can simplify rules.
- Divide group in half and set up equal targets on end lines, but players do not have to protect their target.