

## Throwing 3.1: 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: Doctor dodgeball (6 - 8 minutes)

- Divide children into two teams on opposite sides of the gym centre line.
- Use cones to create a neutral zone 3 metres each side of the centre line.
- Children cannot enter the neutral zone.
- Provide foam or soft inflated rubber balls for one-quarter the total number of children.
- Distribute the balls between the two teams.
- Children use an underhand roll (like bowling) to try to hit the legs of players on the other team.
- When a player is hit, they have to go to the back of the gym and sit down.
- Assign one player on each team to be the “doctor” who can rescue teammates if he/she touches them after they have been hit.
- Once the doctor is hit, the game is over.
- Allow the children to play by using their dominant hand to start.
- In alternate rounds, ask the children to play with their non-dominant hand.

**TIME:** 30 minutes

**SKILL:** Object Manipulation

**EQUIPMENT:** Short pool noodle targets or plastic bowling pins, tennis balls, soft foam balls, soft inflated rubber 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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## Demonstration: Underhand roll (1 - 2 minutes)

- Demonstrate an underhand roll to the group using a tennis ball.
- Step forward into a lunge position to roll the ball.
- If you are rolling with your right hand, you step forward with your left foot.
- If you are rolling with your left hand, you step forward with your right foot.
- 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).

## Practice: Underhand roll (4 - 5 minutes)

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

## TIPS FOR INSTRUCTION

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

## CUES

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

## 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.)*