

## Throwing 2.2: Underhand roll 2

5 - 8 year olds

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Where should you look when you are rolling a ball at a target?*

*Why is this important?*

### Warm-up: Cats and dogs (5 - 8 minutes)

- Leader divides children into two equal teams.
- Teams stand facing each other on either side of a dividing line in the middle of the activity space.
- Each team has a safety zone at the end of their half of the activity space.
- *One team is the “cats” and the other team is the “dogs”.*
- *When I shout “cats”, the “cats” must turn and run towards their safety zone.*
- *The dogs chase the cats and try to tag them before they reach their safety zone.*
- *If a cat is tagged they become a dog and join the dog team.*
- Line up at centre again and repeat.
- Alternate rounds where cats chase dogs.
- Game ends when all players are on the same team.

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** Tennis balls or other small balls, bowling pins or foam blocks

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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

- Leader sets up 3 or 4 pins or foam blocks.
- Leader demonstrates how to roll a ball at a target.
- Look at your target.
- *Step forward with the foot opposite to your throwing hand.*
- *Bend your knees, lean forward, and go into a lunge as you release the ball.*
- *Follow through with your throwing arm, so your hand is pointing at your target after you release the ball.*

## Practice: Shape roll (5 - 10 minutes)

- Leader puts children into pairs.
- Designate two lines (e.g. floor markings) where each partner stands to face the other, so all pairs can roll in parallel.
- One line/partner should be close to a wall so balls don't roll too far.
- Partners start about three metres apart.
- The partner furthest from the wall has a small ball.
- Leader calls out a shape and the partner closest to the wall makes that shape.
- The partner with the ball tries to roll the ball through the opening in the shape.
- Suggestions for shapes:
  - » *Wide star (legs wide apart)*
  - » *Narrow star (legs closer together)*
  - » *Tall bridge (hands and feet on floor)*
  - » *Low bridge (knees and elbows on floor)*
  - » *Crab (hands and feet on floor, bellies facing up)*

## TIPS FOR INSTRUCTION

- Leader should demonstrate shapes as they call them.
- Give children an opportunity to come up with their own shapes.
- Switch rolls between partners.

## CUES

- *Opposite foot forward*
- *Bend knees*
- *Lean forward*
- *Follow through*
- *Point at target*

### **Game: Bowling for 3** (10 minutes)

- Leader explains that they will bowl in groups of three.
- Leader demonstrates how to set up pins.
- Leader organizes children into groups of 3.
- *First person rolls the ball to knock over pins.*
- *Second person counts the number of pins that fall.*
- *Third person sets up the pins.*
- Children should rotate positions every 2-3 minutes.

### **Wrap-up** (2 minutes)

Call the children back into a circle.

Review what they learned today.

*What are two things you need to remember when rolling a ball to a target?*