

Throwing 2.3: Underhand throw 1

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.

*Can you name a game where you throw a ball or other object underhand at a target?
(e.g. softball, bocce)*

Warm-up: Island hopping (5 minutes)

- Leader places hoops around the activity space (one hoop per child).
- Leader explains that the hoops are islands.
- Children must move around the “water” between and around the islands.
- When leader shouts “shark attack”, the children must jump onto an island to be safe.
- Leader calls a different locomotor movement each time:
- *walk*
 - » *run*
 - » *jump*
 - » *hop*
 - » *gallop*
 - » *skip*

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Bean bags, hoops, buckets or small boxes

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- For safety, remind children not to step on the hoops.

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- Once a few rounds have been played, take away half of the hoops.
- Children are now allowed to “share” their island with one other friend.
- Leader can continue to take away hoops until only one hoop is left.
- Children try to fit at least one foot into the remaining hoop.

Demonstration: Underhand throw (1 - 2 minutes)

- Leader demonstrates an underhand throw to a target using a bean bag.
- *Look at your target.*
- *Step forward with the foot opposite to your throwing arm.*
- *Swing your throwing arm and follow through as you release your bean bag.*
- *After you release your bean bag, your hand should be pointing at your target.*

Practice: Throw to target (5 - 8 minutes)

- Leader organizes children into groups of 2 or 3.
- Groups spread out along one end of activity space so that all children are throwing in the same direction.
- Every child has a bean bag.
- Leader sets up a cone in front of every group.
- Children take turns underhand throwing to cone to see who can throw closest to target.
- Leader gives the command to collect bean bags once all children have had a chance to throw.

TIPS FOR INSTRUCTION

- Begin by placing cones fairly close to children.
- Allow children to throw this short distance for a few turns.
- Increase the difficulty by increasing the distance.

CUES

- *Face target*
- *Step with opposite foot*
- *Swing throwing arm*
- *Follow through*

Game: Bucket toss golf (10 - 15 minutes)

- Leader sets up several “golf holes” by placing buckets or small boxes around the activity space.
- Leader places tape on the floor to mark “golf tees” where children throw for each hole.
- Leader organizes groups into pairs.
- Each child in pair has a different colour bean bag.
- Each pair of “golfers” starts at a different golf hole.
- Children take turns throwing their bean bag at the golf hole from the tee.
- Children must continue to throw from the tee until they get their bean bag in the hole.
- Children count the number of attempts they make from the tee as “strokes” until they land in the hole, or until the leader says to move to the next hole.
- Leader tells children to move to the next hole every 1-2 minutes.
- Game is over when each pair has had a turn at each hole.
- Partner with the fewest strokes wins.

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 throwing at a target?

TIPS FOR INSTRUCTION

- During setup, vary the distances for different holes.
- If time allows, play a second round where the children throw with their non-dominant hand.

CUES

- *Face target*
- *Step with opposite foot*
- *Swing throwing arm*
- *Follow through*