



## Throwing 3.2: Back to back, circle in circle out

8 - 12 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 throwing a ball to a partner?*

*Why is this important?*

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** Foam balls or bean bags, music

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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## Warm-up: Back to back (5 - 8 minutes)

- This game is similar to musical chairs, except the chairs are replaced by partners “sitting” back-to-back.
- When the music starts, children must move around the activity space.
- Leader specifies different locomotor movement each time (e.g. walk, run, hop, gallop, skip).
- When the music stops, children must find a partner, stand back-to-back, and then both pretend to “sit” as if they have chairs.
- The child who fails to find a partner, or the last set of partners to make a “chair,” do 10 jumping jacks and then rejoin the group.
- Play several rounds. Be sure to mix partners by naming new conditions each round. For example:
  - » *girls with boys*
  - » *different partner than last time*
  - » *someone wearing the same colour as you*

## Demonstration: Underhand throw to partner (1 - 2 minutes)

- Leader demonstrates an underhand throw to a partner.
- *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: Circle in, circle out (5 - 8 minutes)

- Leader organizes children into two circles (inner and outer).
- Each circle has an equal number of children.
- Children of inner circle face children of outer circle.
- Each child of inner circle starts with a ball or bean bag.
- Each child of inner circle underhand throws the ball to the child of the outer circle opposite them.
- The child of the inner circle immediately side shuffles to the right to receive an underhand throw from the next child of the outer circle.
- Activity ends when children are facing their original partner again.
- Leader can give commands to “*throw*” and “*shuffle*” for the first few times to ensure the children understand the activity.
- Once children fully understand the activity, leader can encourage children to “*speed up*” or “*slow down*” throws and shuffles.

## Game: Not in my house (8 - 10 minutes)

- Leader divides the activity space into two equal halves.
- Leader divides children into two teams.
- Leader distributes several foam balls around the activity space.
- Teams must clear balls from their half by underhand throwing to the other team’s half.
- Leader reminds children that they are not throwing the balls at each other.
- After 2 minutes leader gives the command to “*freeze*”.
- Team with the least amount of balls in their half wins.

## Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

*What things do you need to remember when throwing to a partner?*

## TIPS FOR INSTRUCTION

- Repeat the activity with children throwing with their non-dominant hand.

## CUES

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

## TIPS FOR INSTRUCTION

- Repeat the activity with children throwing with their non-dominant hand.