

Throwing 3.4: Colour tag, monkey in the middle

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.

Today we will practice how to underhand throw to a moving target.

How is this different from throwing at a stationary target?

Warm-up: Colour tag (5 - 8 minutes)

- Leader divides children into 4 equal groups.
- Each group wears a different colour pinnie.
- Leader calls a colour to be “it”.
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged, they must do 10 burpies and then rejoin the game.
- Leader changes the colour that is “it” every few minutes.
- Repeat activity with different locomotor movements:
 - » *walk*
 - » *run*
 - » *gallop*
 - » *skip*

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Large ball, tennis or small foam balls, tape

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- If there are no pinnies, children can hold coloured balls and tag the other children while holding onto the balls.

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Demonstration: Underhand throw to moving target (1 - 2 minutes)

- Leader demonstrates an underhand throw to a moving target.
- Leader picks one child to move around in a small designated area.
- Using the underhand throw, leader tries to hit target (child) below the waist.
- *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 the ball, your hand should be pointing at your target.*

Practice: Monkey in the middle (5 - 8 minutes)

- Leader divides children into groups of four.
- Each group has a soft foam ball.
- Group finds their own space and forms a triangle with one child in the middle.
- The child in the middle is the “monkey”.
- Three children pass the ball to each other while the “monkey” tries to block, catch, or prevent them from passing.
- Leader signals every 2-3 minutes to change the “monkey” in the middle.
- Activity continues until all hoops have been eliminated.

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*

Game: Hit the target (10 - 12 minutes)

- Leader divides children into two groups.
- Tape is used to mark two parallel lines, about 5 metres apart, across the middle of the activity space.
- Each team stands at least 2 metres behind the parallel line on their side of the activity space.
- The 2 metre distance can be marked with cones.
- A large ball is placed between the two parallel lines.
- Leader hands out small balls (e.g. tennis balls) to several children.
- Each team underhand throws their tennis balls at the large ball as they try to drive it over the other team's parallel line.
- The first team to push the ball over the other team's line wins.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

Why is it harder to hit a moving target?

What did you do to be successful?

CUES

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