



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Throwing 3.5: Overhand throw 1

8 - 12 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Hula hoops, balls, beanbags, wall targets, cones, buckets

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Which sports and activities ask you to throw overhand?

Warm-up: Hot dog tag (5 minutes)

- Leader chooses 3-4 children to be “it”.
- Leader explains that when the music starts children are to run around activity space trying not to be tagged.
- Children who are tagged become “hot dogs” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Leader can suggest different ways to move around activity space (e.g. run, hop, gallop, skip).
- Leader should switch who is “it” every 1-2 minutes.

Demonstration: Overhand throw (2 minutes)

- Leader explains that the standing position for throwing overhand is like the stance of a knight in battle.
- Leader demonstrates the “knight stance” with a target on the wall:
 - » *Turn sideways to the target.*
 - » *Feet shoulder-width apart.*
 - » *Point to the target with your arm that is nearest to the target.*
 - » *With your other arm, hold the ball close to your ear and raise your elbow.*
 - » *As you throw, drop your pointing arm and allow your shoulders and trunk to rotate.*
- For a wall target, use either existing wall markings or tape a paper target or a hula hoop to the wall.

Practice: Target stations (10 minutes)

- Leader divides the children into four groups.
- Leader sets up the following practice stations:
 - » Pin Knock Down – Line up 4 cones, one metre from the wall, with a foam ball balancing on each cone. Each child at the station has a ball. Children take turns trying to knock the ball off the cones using an overhand throw.
 - » Wall Target – Set up 4 different targets on a wall (e.g. hoops taped to wall, painted wall targets, poly spots, etc.). Each child at the station has a ball. Children try to hit the targets with their ball.
 - » Bucket Ball – Place different sized buckets about one metre from a wall. Each child at the station has a ball. Children try to overhand throw their ball into the bucket.
 - » Hula Hoop Toss – Place 2 hula hoops in the centre of the activity space. Spread a number of poly spots around hula hoops at various distances from hoops. Each child has 5 beanbags. Children stand on a poly spot and try to overhand throw their beanbags into the hoops.

TIPS FOR INSTRUCTION

- Stations should be set up in advance.
- Children should be careful not to walk in front of somebody throwing.
- Rotate stations every 2 minutes.

CUES

- *Stand sideways to the target*
- *Point to target (with non-throwing hand)*
- *Ball close to ear, elbow up (throwing arm)*
- *Rotate shoulders and trunk*

Game – Hoop elimination (10 minutes)

- Leader divides the activity space in half.
- Children spread out at one end of the activity space.
- Leader divides children into teams of 4 or 5 and assigns each team their own colour of hula hoops (e.g. group 1 – green hoops).
- Leader places several hoops around the other half of the activity space ensuring that there are equal numbers of hoops for each colour team.
- Leader places several beanbags in two hoops in the two corners of the activity space closest to the children.
- Each team will work together to eliminate their colour of hoops.
- Children pick up one beanbag at a time and try to overhand throw the beanbag into their hoops according to a time limit or until all beanbags are gone.
- Children must throw from behind a centre line or from designated positions in the activity space (e.g. cones that are strategically placed).
- At the end of the round, remove any hoop that has a beanbag in it.
- Leader then asks children to collect all beanbags and return them to the hoops in the corners.
- First team to eliminate all of their hoops wins.

TIPS FOR INSTRUCTION

- Leader should walk around and encourage children to use proper throwing technique.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

What are two things to remember when throwing overhand?

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.