Throwing 2.1: Underhand roll
5 - 8 year olds

Introduction (1 - 2 minutes)
Can anyone think of a sport or a game where people roll a ball?
Discuss how games like bowling require that you roll very straight and smooth.

Warm-Up: Hot dog tag (5 - 6 minutes)
• Choose 3-5 children to be taggers, depending on numbers.
• Suggestion: Ask children with a certain color shirt to be taggers, then switch colours for next round.
• 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.
• Make sure children exercise caution and look where they are running at all times.

Demonstration: Underhand roll (1 - 2 minutes)
• Demonstrate an underhand roll to the group using a tennis ball.
• Step forward with opposite foot to throwing hand.
• Transfer weight forward as you release the ball (lean forward).
• Follow-through with your throwing arm after releasing the ball (hand should be pointing at target after release).

TIME: 30 minutes
SKILL: Object Manipulation
EQUIPMENT: Plastic bowling pins or short pool noodle targets, tennis balls
ORGANIZATION/PROGRAM:
ACTIVITY LEADER:
GROUP NAME:
DATE:

TIPS FOR INSTRUCTION
• Students sit in group in front of leader for demonstration.

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Practice: Underhand roll (6 - 8 minutes)
• Practice the underarm roll in pairs using tennis balls.
• Designate two lines (e.g. floor markings) where partners stand, so all pairs are rolling in parallel.
• Partners start 3 metres apart, then increase distance after each partner receives 5 rolls.
• Leader circulates and provides feedback.

Game: Take Down (10- 15 minutes)
• Divide the group into two teams.
• Each team stands at opposite ends of the gym.
• Players cannot cross the centre line of the gym.
• Each player has a pool noodle and stands it up along their team’s end line as a target.
• Players should spread out along their end line, and they should stand in front of their noodle target to protect it.
• To start the game, the leader dumps out 10-15 tennis balls into the playing space.
• Players must try to protect their target while retrieving tennis balls and rolling the balls to the other end to knock down opponent targets.
• The first team to knock down all the targets on their opponent’s side wins.

Rules:
» No sitting down to protect your target.
» Players must be on their feet at all times.
» If you knock down your target by accident, it stays down.
» Only one person can protect a target at a time.
» You are not allowed to help a teammate protect their target.

Summary (1 - 2 minutes)
When you are underhand rolling the ball, what should you remember to do? (Step with opposite foot, lean forward, point at target etc.)

CUES
• Opposite foot
• Lean body forward
• Follow through
• Point at target

TIPS FOR INSTRUCTION
• With Kindergarten children, the leader can simplify rules.
• Divide group in half and set up equal targets on end lines, but players do not have to protect their target.