Throwing 3.1: Take down
8 - 12 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Short pool noodle targets or plastic bowling pins, tennis balls, soft foam balls, soft inflated rubber balls

Introduction (2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*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: Doctor dodgeball (6 - 8 minutes)

- Divide children into two teams on opposite sides of the gym centre line.
- Use cones to create a neutral zone 3 metres each side of the centre line.
- Children cannot enter the neutral zone.
- Provide foam or soft inflated rubber balls for one-quarter the total number of children.
- Distribute the balls between the two teams.
- Children use an underhand roll (like bowling) to try to hit the legs of players on the other team.
- When a player is hit, they have to go to the back of the gym and sit down.
- Assign one player on each team to be the “doctor” who can rescue teammates if he/she touches them after they have been hit.
- Once the doctor is hit, the game is over.
- Allow the children to play by using their dominant hand to start.
- In alternate rounds, ask the children to play with their non-dominant hand.

Practice: Underhand roll (4 - 5 minutes)

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

CUES
- Opposite foot
- Lean body forward
- Follow through
- Point at target
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.

Wrap-up (2 minutes)

Call the children back into a circle or designated lines and review what they learned today.

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