**Throwing 2.2: Underhand roll 2**

5 - 8 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 rolling a ball at a target?*

*Why is this important?*

**Warm-up: Cats and dogs** (5 - 8 minutes)

- Leader divides children into two equal teams.
- Teams stand facing each other on either side of a dividing line in the middle of the activity space.
- Each team has a safety zone at the end of their half of the activity space.
- One team is the “cats” and the other team is the “dogs”.
- When I shout “cats”, the “cats” must turn and run towards their safety zone.
- The dogs chase the cats and try to tag them before they reach their safety zone.
- If a cat is tagged they become a dog and join the dog team.
- Line up at centre again and repeat.
- Alternate rounds where cats chase dogs.
- Game ends when all players are on the same team.
Demonstration: Underhand roll (1 - 2 minutes)

- Leader sets up 3 or 4 pins or foam blocks.
- Leader demonstrates how to roll a ball at a target.
- Look at your target.
- Step forward with the foot opposite to your throwing hand.
- Bend your knees, lean forward, and go into a lunge as you release the ball.
- Follow through with your throwing arm, so your hand is pointing at your target after you release the ball.

Practice: Shape roll (5 - 10 minutes)

- Leader puts children into pairs.
- Designate two lines (e.g. floor markings) where each partner stands to face the other, so all pairs can roll in parallel.
- One line/partner should be close to a wall so balls don’t roll too far.
- Partners start about three metres apart.
- The partner furthest from the wall has a small ball.
- Leader calls out a shape and the partner closest to the wall makes that shape.
- The partner with the ball tries to roll the ball through the opening in the shape.
- Suggestions for shapes:
  - Wide star (legs wide apart)
  - Narrow star (legs closer together)
  - Tall bridge (hands and feet on floor)
  - Low bridge (knees and elbows on floor)
  - Crab (hands and feet on floor, bellies facing up)

TIPS FOR INSTRUCTION

- Leader should demonstrate shapes as they call them.
- Give children an opportunity to come up with their own shapes.
- Switch rolls between partners.

CUES

- Opposite foot forward
- Bend knees
- Lean forward
- Follow through
- Point at target
Game: Bowling for 3 (10 minutes)

- Leader explains that they will bowl in groups of three.
- Leader demonstrates how to set up pins.
- Leader organizes children into groups of 3.
- First person rolls the ball to knock over pins.
- Second person counts the number of pins that fall.
- Third person sets up the pins.
- Children should rotate positions every 2-3 minutes.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

What are two things you need to remember when rolling a ball to a target?