Throwing 2.4: Underhand throw 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.

*Today I would like you to think about how your body moves when you throw underhand.*
Warm-up: Colour tag (5 - 8 minutes)
- Leader divides children into 4 equal groups.
- Each group is wearing a different colour pinnie.
- Leader will call out a colour that will be “it”.
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged they must freeze in a “star” position.
- To rejoin the game, another team member must “high-five” the star and then crawl under the star’s legs.
- Leader changes what colour is “it” every few minutes.

Demonstration: Underhand throw (1 - 2 minutes)
- Leader demonstrates an underhand throw to partner.
  - 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 your bean bag, your hand should be pointing at your target.

TIPS FOR INSTRUCTION
- Repeat activity with different locomotor movements:
  » walk
  » run
  » gallop
  » skip
- If there are no pinnies, children can hold coloured balls and tag the other children while holding onto the balls.
Practice: Hot potato (5 - 8 minutes)
• Leader organizes children into pairs.
• Designate two lines (e.g. floor markings) where each partner stands to face the other, so all pairs can throw in parallel.
• One bean bag or small ball per pair.
• When the music starts, you must throw your ball or bean bag underhand to each other.
• When the music stops, everyone “freezes” and stops throwing.
• All children with a bean bag or ball in their hand must do 5 jumping jacks.
• Repeat activity a few times.

Game: Toss through blockers (8 - 10 minutes)
• Leader uses cones to form a medium-size circle in the centre of the activity space (or uses an existing circle floor marking).
• Leader then uses cones to form a much larger box around the circle (or uses existing floor markings).
• Leader places a hoop at each corner of the box and fills each hoop with several bean bags.
• Children stand outside the box and try to underhand toss one bean bag at a time into the centre circle.
• 4 children stand in the centre circle and use their hands, feet and body to block bean bags from getting inside.
• Game ends when all bean bags have been thrown.
• Have the children clean-up and reset the game.
• Choose 4 different children to be the blockers each time.

Wrap-up (2 minutes)
Call the children back into a circle.

Review what they learned today.

What do your legs do when you throw a ball at a target? What do your arms do?

TIPS FOR INSTRUCTION
• Music can be used to start and end the game.
• Four throwing locations can be identified, and only one child permitted to throw from each location at one time (easier for blockers).
• Leader can occasionally shout “freeze” to give tips to throwers and blockers.

CUES
• Face target
• Step with opposite foot
• Swing throwing arm
• Follow through