Throwing 3.4: Colour tag, monkey in the middle
8 - 12 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 we will practice how to underhand throw to a moving target.*

*How is this different from throwing at a stationary target?*

Warm-up: Colour tag (5 - 8 minutes)
- Leader divides children into 4 equal groups.
- Each group wears a different colour pinnie.
- Leader calls a colour to be “it”.
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged, they must do 10 burpees and then rejoin the game.
- Leader changes the colour that is “it” every few minutes.
- Repeat activity with different locomotor movements:
  - walk
  - run
  - gallop
  - skip

TIME: 30 minutes
SKILL: Object manipulation
EQUIPMENT: Large ball, tennis or small foam balls, tape

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- If there are no pinnies, children can hold coloured balls and tag the other children while holding onto the balls.

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.
Demonstration: Underhand throw to moving target (1 - 2 minutes)
• Leader demonstrates an underhand throw to a moving target.
• Leader picks one child to move around in a small designated area.
• Using the underhand throw, leader tries to hit target (child) below the waist.
• 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 the ball, your hand should be pointing at your target.

Practice: Monkey in the middle (5 - 8 minutes)
• Leader divides children into groups of four.
• Each group has a soft foam ball.
• Group finds their own space and forms a triangle with one child in the middle.
• The child in the middle is the “monkey”.
• Three children pass the ball to each other while the “monkey” tries to block, catch, or prevent them from passing.
• Leader signals every 2-3 minutes to change the “monkey” in the middle.
• Activity continues until all hoops have been eliminated.

TIPS FOR INSTRUCTION
• Repeat the activity with children throwing with their non-dominant hand.

CUES
• Face target
• Step with opposite foot
• Swing throwing arm
• Follow through
**Game: Hit the target (10 - 12 minutes)**

- Leader divides children into two groups.
- Tape is used to mark two parallel lines, about 5 metres apart, across the middle of the activity space.
- Each team stands at least 2 metres behind the parallel line on their side of the activity space.
- The 2 metre distance can be marked with cones.
- A large ball is placed between the two parallel lines.
- Leader hands out small balls (e.g. tennis balls) to several children.
- Each team underhand throws their tennis balls at the large ball as they try to drive it over the other team’s parallel line.
- The first team to push the ball over the other team’s line wins.

**Wrap-up (2 minutes)**

Call the children back into a circle.

Review what they learned today.

*Why is it harder to hit a moving target?*

*What did you do to be successful?*

---

**CUES**

- *Face target*
- *Step with opposite foot*
- *Swing throwing arm*
- *Follow through*