Object Manipulation 1.3: Underhand throw 1
3 - 5 year olds

Introduction (2 - 3 minutes)
Greet the children and ask them to sit in a circle.
Explain any special safety rules for the day.
Remind children to stop, look, and listen when you signal (e.g. blow whistle).
Explain in 20-30 seconds what you will be doing today.

Today you will be practicing how to throw underhand.
Activity 1: Fruit basket (8 - 10 minutes)

- Leader sets up 2 or 3 hoops around the outside of the activity space.
- Let’s pretend these are baskets for fruit.
- Leader distributes many coloured bean bags around the activity space.
- These bean bags are fruit that have fallen out of the baskets.
- Leader demonstrates an underhand throw (face target, step with opposite foot towards target, swing throwing arm).
- Leader explains that when the music starts, they must jog around activity space.
- To be safe, do not step on the hoops or the bean bags.
- When the music stops, leader shouts “fruit basket!”
- Children pick up one bean bag and move towards a hoop (fruit basket).
- Children underhand throw their bean bag into the hoop.
- Repeat activity with different locomotion movements:
  - walk
  - run
  - jump
  - hop
  - gallop
  - skip

TIPS FOR INSTRUCTION

- Praise children for their efforts.
- Don’t correct technique too much. Preschool children need time to develop mature throwing patterns.

CUES

- Look where you are going
- Step when you throw
- Swing your arm
**Activity 2: Circle bowling (8 - 10 minutes)**

- Children stand in a large circle and each child has a bean bag.
- Leader sets up bowling pins or foam blocks in centre of circle.
- Children take turns trying to knock down the pins by throwing underhand.
- Once all the pins are down, the leader sets them up again.
- For the next rounds, the leader calls out a bean bag colour.
- Children with bean bags of that colour try to knock down the pins.
- Children should not collect their bean bag until all pins are down and leader says it is safe to collect.
- To create more challenge, have the children take a step back each time. (Larger circle and throwing distance.)

**Wrap-up (2 minutes)**

Ask children to sit quietly in a circle.

Review what they learned today.

Talk about things the group did well.

Talk about things the group may need to practice further.

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**TIPS FOR INSTRUCTION**

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- Don’t correct technique too much. Preschool children need time to develop mature throwing patterns.

**CUES**

- *Step when you throw*
- *Swing your arm*