



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.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Bean bags, bowling pins or foam blocks

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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.

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.

TIPS FOR INSTRUCTION

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

CUES

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