



Object Manipulation 1.4: Underhand throw 2

3 - 5 year olds

Introduction (3 - 5 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.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Bean bags, hoops, soft balls, music, inflatable pool or container

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: Musical hoops (5 - 8 minutes)

- Leader places several hoops around activity space.
- *When the music starts, I want you to walk around the activity space without touching any of the hoops.*
- *When the music stops, I want you to jump into a hoop and freeze.*
- Repeat the activity with different locomotion movements:
 - » *run*
 - » *jump*
 - » *hop*
 - » *gallop*
 - » *skip*
- Ask children to “freeze” in interesting shapes.

Activity 2: Through the hoop (5 - 8 minutes)

- Leader demonstrates an underhand throw with a bean bag.
- Leader then picks two helpers to hold a hoop.
- Leader demonstrates how to underhand throw the bean bag through the hoop.
- Leader divides children into groups of 3.
- Two of the children will hold the hoop and one will practice throwing the bean bag through the hoop.
- Switch roles every 1-2 minutes.
- Encourage children to begin fairly close to hoop.
- For a greater challenge, ask children to move further away from the hoop.
- 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.)

TIPS FOR INSTRUCTION

- Remind children that it is not safe to step on the hoops.
- If there are enough hoops, have one child per hoop.
- If there are not enough hoops, have two children per hoop at most.

CUES

- *Head up*
- *Look where you are going*
- *Space bubble*

TIPS FOR INSTRUCTION

- Leader can use music to start and stop activity.
- 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*

Game: Fill the pool (8 - 10 minutes)

- Leader places a small inflatable pool in the centre of the activity space.
- Leader places a hoop in each corner of the activity space.
- Leader fills each hoop with several bean bags and/or soft balls.
- Leader explains that the game is to “fill the pool up”.
- *When I turn on the music, I want you to jog around the play area.*
- *When I stop the music, I want you to “fill up” the pool with the bean bags and balls by using your underhand throw.*
- Children can only take one bean bag or ball at a time.
- Children throw the ball or bean bag into the pool, and then they get another one until all bean bags and balls are in the pool

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

- A large box or similar container can also be used as the “pool”.

CUES

- *Look where you are going*
- *Step when you throw*
- *Swing your arm*