Object Manipulation 1.7: Basic overhand 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.

Today we will play throwing games. We will start with a game called “copy cat”.

Activity 1: Copy cat (5 - 8 minutes)
• Children spread out around activity space facing the leader.
• Leader is the “cat” that all children will copy.
• *When I do something, I want you to copy exactly what I do.*
• Begin with basic stationary movements (marching on the spot, clapping, swinging arms, on toes reaching way up, etc.).
• Once children are successfully copying you, start moving around the activity space using different movements.

**Activity 2: Overhand throw to a partner’s hoop (5 - 8 minutes)**

• Using a bean bag, leader demonstrates how to do a basic overhand throw.
• Leader then picks a child to be their helper and demonstrates how to overhand throw to a partner’s hoop.
• Leader divides children into pairs.
• Partners stand facing each other, each standing in their own hoop.
• Each pair of children has one beanbag.
• Children practice overhand throwing into each other’s hoop.

**TIPS FOR INSTRUCTION**

• Once children understand the concept of “copy cat”, choose a child to be the “cat”.
• Switch the “cat” every 60 seconds.

**TIPS FOR INSTRUCTION**

• Begin activity with children standing fairly close.
• After a few minutes have children spread further apart.
• Praise children for their efforts.
• Don’t correct technique too much. Preschool children need time to develop mature throwing patterns.
• Children can take one step out of the hoop while throwing to develop a more mature throwing pattern.

**CUES**

• *Stand sideways to target*
• “*Point*” at target with *non-throwing hand*
• *Step*
• *Throw*
Activity 3: Hoop elimination (8 - 10 minutes)

- We will now play a game using the overhand throw.
- Divide activity space in half.
- Children spread out at one end of activity space.
- Leader places hoops around the other half of the activity space.
- Leader places several bean bags in a hoop in the corner of the activity space closest to the children.
- Either according to a time limit or until the bean bags run out, children try to overhand throw bean bags into the hoops.
- Children must throw either from behind a centre line or from designated positions in the activity space (e.g. behind cones that are strategically placed).
- At the end, remove any hoop that has a bean bag in it.
- Leader then asks children to collect all bean bags and return them to the hoop in the corner.
- Activity continues until all hoops have been eliminated.

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

- Children can move freely around their half of the activity space.
- Hoops should be placed at various distances from centre of activity space.
- Ensure that by the end of the activity every child has had success in throwing a bean bag into a hoop.
- Leader can move hoops closer (to achieve success) or further away (for more of a challenge) from children.

Cues

- Stand sideways to target
- “Point” at target with non-throwing hand
- Step
- Throw