



## 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)

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** Bean bags, hoops, cones

**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.

- 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*