



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Throwing 2.5: Overhand throw 1

5 - 8 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Hula hoops, balls, beanbags, wall targets, cones, buckets

Introduction (1 - 2 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).

In what sports and activities do you need to throw overhand?

Warm-up: Toss Tag (5 minutes)

- Leader spreads out several hula hoops around the activity space.
- Leader places a different size ball in each hoop.
- Leader chooses one or two children to be “it”. They must try to tag the other children.
- If a child is tagged, they must hop or jump into a hoop, pick up the ball, and toss it 5 times to themselves. Then they rejoin the game.
- There should be only one child in a hoop at a time.
- Each time a child is tagged they must go to a different hoop.
- Leader should change who is “it” every 1-2 minutes.

Demonstration: Overhand throw (2 minutes)

- Leader explains that the standing position for throwing overhand is like the stance of a knight in battle.
- Leader demonstrates the “Knight stance” with a target on the wall:
 - » *Turn sideways to the target.*
 - » *Feet shoulder-width apart.*
 - » *Point to the target with your arm that is nearest to the target.*
 - » *With your other arm, hold the ball close to your ear and raise your elbow.*
 - » *As you throw, drop your pointing arm and allow your shoulders and trunk to rotate.*
- For a wall target, use either existing wall markings or tape a paper target or a hula hoop to the wall.

Practice: Target Stations (10 minutes)

- Leader divides the children into four groups.
- Leader sets up the following practice stations:
 - » Pin Knock Down – Line up 4 cones, one metre from the wall, with a foam ball balancing on each cone. Each child at the station has a ball. Using the knight stance, children take turns trying to knock the ball off the cones.
 - » Wall Target – Set up 4 different targets on a wall (e.g. hoops taped to wall, painted wall targets, poly spots, etc.). Each child at the station has a ball. Children try to hit the targets with their ball.
 - » Bucket Ball – Place different sized buckets about one metre from a wall. Each child at the station has a ball. Children try to overhand throw their ball into the bucket.
 - » Hula Hoop Toss – Place 2 hula hoops in the centre of the activity space. Spread a number of poly spots around hula hoops at various distances from hoops. Each child has 5 beanbags. Children stand on a poly spot and try to overhand throw their beanbags into the hoops.

TIPS FOR INSTRUCTION

- Gently remind children of the cues for Stations should be set up in advance.
- Children should be careful not to walk in front of somebody throwing.
- Rotate stations every 2 minutes.

CUES

- *Stand sideways to the target*
- *Point to target (with non-throwing hand)*
- *Ball close to ear, elbow up (throwing arm)*
- *Rotate shoulders and trunk*

Game – Hoop Elimination (10 minutes)

- Leader divides the activity space in half.
- Children spread out at one end of the activity space.
- Leader places several hoops around the other half of the activity space.
- Leader places several beanbags in two hoops in the two corners of the activity space closest to the children.
- Children pick up one beanbag at a time and try to overhand throw the beanbag into the hoops according to a time limit or until all beanbags are gone.
- Children must throw from behind a centre line or from designated positions in the activity space (e.g. cones that are strategically placed).
- At the end of the round, remove any hoop that has a beanbag in it.
- Leader then asks children to collect all beanbags and return them to the hoops in the corners.
- Activity continues until all hoops have been eliminated.

TIPS FOR INSTRUCTION

- Leader should walk around and provide positive feedback.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

What are two things to remember when throwing overhand?

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