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.
**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

**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.

**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?*