Throwing 3.5: Overhand throw 1
8 - 12 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).

Which sports and activities ask you to throw overhand?
**Warm-up: Hot dog tag (5 minutes)**

- Leader chooses 3-4 children to be “it”.
- Leader explains that when the music starts children are to run around activity space trying not to be tagged.
- Children who are tagged become “hot dogs” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Leader can suggest different ways to move around activity space (e.g. run, hop, gallop, skip).
- Leader should switch 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. Children take turns trying to knock the ball off the cones using an overhand throw.
  - **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

- 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 divides children into teams of 4 or 5 and assigns each team their own colour of hula hoops (e.g. group 1 – green hoops).
- Leader places several hoops around the other half of the activity space ensuring that there are equal numbers of hoops for each colour team.
- Leader places several beanbags in two hoops in the two corners of the activity space closest to the children.
- Each team will work together to eliminate their colour of hoops.
- Children pick up one beanbag at a time and try to overhand throw the beanbag into their 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.
- First team to eliminate all of their hoops wins.

TIPS FOR INSTRUCTION

- Leader should walk around and encourage children to use proper throwing technique.

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?