



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Object Manipulation 1.3: Underhand throw 1

3 - 5 year olds

TIME: 30 minutes

SKILLS: Throw

EQUIPMENT: Bean bags, soft foam balls, empty baskets or cardboard boxes

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

Describe in 20-30 seconds what you will be doing today.

Explain any special safety rules for the session.

Warm-up: Modified Bocce (6 - 8 minutes)

- Give every child one bean bag.
- Ideally, the bean bags are different colours so children can recognize their own bean bag.
- Ask all the children to line up alongside you. Everyone will throw from this line.
- As the activity leader, start the game by throwing your own bean bag underhand a short distance (perhaps 3-4 metres) into the activity area.
- Make sure the children understand that you are throwing underhand, and you want them to throw underhand as well.
- One by one, ask the children throw their bean bags and try to get as close as possible to your bean bag.
- Whoever is closest starts the next round by throwing their bean bag into the activity area.

TIPS FOR INSTRUCTION

- After you have played 6-8 rounds, ask who has not yet started a round, and give a turn to each of these children to start the next rounds

Activity 1: Basket Throw Underhand (8 - 10 minutes)

- Position large cardboard boxes or baskets upright along one wall.
- Ideally, you will have one box or basket per child, but 2 or 3 children can share a box or basket if necessary.
- Make sure the baskets and boxes are at least 2m apart.
- Place a marker on the floor 2m away from each basket or box (use a bean bag, a toy, masking tape, or existing floor marking).
- Ask the children to throw their bean bags or balls underhand into their box or basket from behind their marker. (Show them an underhand throw.)
- Have the children start at a distance of 2m, then ask them to step further back when they need more challenge.
- If some children have difficulty at 2m, they are allowed to move closer until they experience success.

TIPS FOR INSTRUCTION

- Watch closely to see when children need to move further back for more challenge.
- If more than one child is throwing at one target, try to group them according to their ability, so each pair or group can easily throw from the same distance.
- Celebrate successful throws and provide cheerful encouragement!

Activity 2: Basket Golf (8 - 10 minutes)

- Using 8-12 empty baskets or cardboard boxes as golf “holes”, set up a “golf course” around the activity area.
- Use floor mats or other objects to mark a “tee” for each hole. (You can vary the distances between tee and basket for the different holes.)
- Give each child a bean bag or soft foam ball and position the children at different tees to start. (Perhaps 2 children per tee.)
- Show the children how to play the game:
 - » Throw underhand from the tee and try to get a “hole-in-one”.
 - » If you miss the basket, go to where your bean bag or ball landed and throw again from there.
 - » Continue until you get your bean bag or ball into the basket.
 - » How many throws did you need to get into the basket?
- Ask children to wait at each tee if other children are still finishing play at that hole.

TIPS FOR INSTRUCTION

- Cheer and celebrate when a hole-in-one is scored!
- If you want to add another dimension to their learning, you can give a pencil and paper to the older children to write down their score for each hole (i.e. total number of throws).
- Don't correct technique too much. Pre-school children need time to develop mature throwing patterns.

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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