



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

## Object Manipulation 1.5: Basic Overhand Throw 1

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Throw, balance, hop, skip

**EQUIPMENT:** Bean bags or small foam balls, hula hoops, 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: Mirror Mirror (5 - 6 minutes)

- Either indoors or outdoors, ask the children to form a large semi-circle around you.
- Face the children so they can see you and you can see them.
- Without leaving your spot, ask the children to imitate you as you demonstrate different movements:
  - » Hopping
  - » Jumping
  - » Bending
  - » Swaying
  - » Spinning
  - » Skipping
  - » Running
  - » Balancing on the spot (try different balance poses)
- Just like a mirror, the children should try to move with you as you perform each movement.

## Activity 1: Target Throw (8 - 10 minutes)

- Ask children to sit cross-legged on the floor and watch you.
- Demonstrate how to do a basic overhand throw with a bean bag or small foam ball:
  - » Stand facing your target (e.g. hula hoop on wall, box or basket on its side on top of a table).
  - » Turn sideways so your throwing arm is farthest from the target.
  - » Point your other hand at the target, then raise your throwing arm.
  - » Throw your bean bag and turn your body as you throw.
- Set up different throwing stations with different targets around the activity area. For example:
  - » hula hoops on walls
  - » empty baskets or boxes on their sides on table tops
  - » area for “distance” throwing (throw from line as far as you can)
- Have supplies of bean bags or small foam balls at each station.
- If you have other adults helping you, assign one to each station to guide and encourage the children.
- Divide children into three groups, and rotate groups between stations every 2-3 minutes.

### TIPS FOR INSTRUCTION

- Allow the children to explore throwing.
- Don't correct technique too much. Pre-school children need time to develop mature throwing patterns.

### CUES

- *Stand sideways*
- *Point at your target with your front arm*
- *Throw with your back arm*

## Activity 2: Basket Throw Overhand (8 - 10 minutes)

- Position large cardboard boxes or baskets upright on the floor 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).
- To begin, 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.
- After 2-3 minutes of underhand throwing, show them an overhand throw, and ask the children to throw overhand into their boxes and baskets.

### 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!

### CUES

- *Stand sideways*
- *Point at your target with your front arm*
- *Throw with your back arm*

## 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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