



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

## Object Manipulation 1.6: Basic Overhand Throw 2

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Throw, jump

**EQUIPMENT:** Bean bags, hoops, cones,  
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: River Bank (5 - 6 minutes)

- Create a straight line on the floor using a skipping rope, masking tape, or an existing floor marking.
- One side of the line is the “river”, and the other side is the river “bank”.
- All the children start on the “bank” side of the line with the leader.
- When the leader says “river”, everyone jumps two-footed to the other side.
- When the leader says “bank”, everyone jumps two-footed back again.
- Continue like this for a short while, then mix up the instructions by saying “bank” when the children are already on the bank, and river when the children are already on the river.
- See how many children jump, and share a laugh with everyone!
- Don’t eliminate any children—simply ask the ones who jumped at the wrong time to go back to the correct side, and then continue playing.

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

- Set up large baskets or cardboard boxes on their sides on shelves or tables against a wall, about 1m above the floor.
- Make sure the baskets and boxes are at least 2m apart.
- Ideally, have one basket or box per child, but 2 children can share if necessary.
- 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 ball overhand into their basket or box from behind their marker (demonstrate overhand 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

- 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: Hoop Elimination (8 - 10 minutes)

- Ask the children to spread out along one end of the activity space.
- Place several hula hoops on the floor along the other end of the activity space.
- Give the children a large supply of bean bags (pile the bean bags inside a hula hoop on the floor, or inside a large box or basket).
- Ask the children to throw their bean bags overhand into the hoops.
- The children must stay on their half of the activity space (e.g. mark the floor with a line of poly spots, or use an existing floor marking).
- Whenever a bean bag lands inside a hula hoop, remove that hoop.
- If the children run out of bean bags, ask them to collect all bean bags and return to their side of the activity area.
- Resume play and continue until all hula hoops have been eliminated.

### TIPS FOR INSTRUCTION

- Children can move freely around their half of the activity space.
- To adjust the level of difficulty, move the hoops closer or further away from the children.

### 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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