



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

**CURRICULAR COMPETENCY & OUTCOME:**

Students develop and demonstrate movement skills in a variety of activities.

## Throwing 2.3: Bucket toss golf

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Object Manipulation

**EQUIPMENT:** Bean bags, hoops, buckets or small boxes

### 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).

*Can you name a game where you throw a ball or other object underhand at a target?  
(e.g. softball, bocce)*

## Warm-up: Island hopping (5 minutes)

- Leader places hoops around the activity space (one hoop per child).
- Leader explains that the hoops are islands.
- Children must move around the “water” between and around the islands.
- When leader shouts “shark attack”, the children must jump onto an island to be safe.
- Leader calls a different locomotor movement each time:
  - *walk*
    - » *run*
    - » *jump*
    - » *hop*
    - » *gallop*
    - » *skip*
- Once a few rounds have been played, take away half of the hoops.
- Children are now allowed to “share” their island with one other friend.
- Leader can continue to take away hoops until only one hoop is left.
- Children try to fit at least one foot into the remaining hoop.

## Demonstration: Underhand throw (1 - 2 minutes)

- Leader demonstrates an underhand throw to a target using a bean bag.
- *Look at your target.*
- *Step forward with the foot opposite to your throwing arm.*
- *Swing your throwing arm and follow through as you release your bean bag.*
- *After you release your bean bag, your hand should be pointing at your target.*

## Practice: Throw to target (5 - 8 minutes)

- Leader organizes children into groups of 2 or 3.
- Groups spread out along one end of activity space so that all children are throwing in the same direction.
- Every child has a bean bag.
- Leader sets up a cone in front of every group.
- Children take turns underhand throwing to cone to see who can throw closest to target.
- Leader gives the command to collect bean bags once all children have had a chance to throw.

### TIPS FOR INSTRUCTION

- Begin by placing cones fairly close to children.
- Allow children to throw this short distance for a few turns.
- Increase the difficulty by increasing the distance.

### CUES

- *Face target*
- *Step with opposite foot*
- *Swing throwing arm*
- *Follow through*

## Game: Bucket toss golf (10 - 15 minutes)

- Leader sets up several “golf holes” by placing buckets or small boxes around the activity space.
- Leader places tape on the floor to mark “golf tees” where children throw for each hole.
- Leader organizes groups into pairs.
- Each child in pair has a different colour bean bag.
- Each pair of “golfers” starts at a different golf hole.
- Children take turns throwing their bean bag at the golf hole from the tee.
- Children must continue to throw from the tee until they get their bean bag in the hole.
- Children count the number of attempts they make from the tee as “strokes” until they land in the hole, or until the leader says to move to the next hole.
- Leader tells children to move to the next hole every 1-2 minutes.
- Game is over when each pair has had a turn at each hole.
- Partner with the fewest strokes wins.

### TIPS FOR INSTRUCTION

- During setup, vary the distances for different holes.
- If time allows, play a second round where the children throw with their non-dominant hand.

### CUES

- *Face target*
- *Step with opposite foot*
- *Swing throwing arm*
- *Follow through*

## Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

*What are two things you need to remember when throwing at a target?*

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.