

Throwing 3.3: Mirror tag, hoop elimination

8 - 12 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

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

Who can show me what you would look like if you had just finished throwing a ball to a friend?

Warm-up: Mirror tag (5 - 8 minutes)

- Leader chooses 1 or 2 children to be “it”.
- Children move around the activity space trying not to be “tagged”.
- Leader specifies a different locomotor movement each time (e.g. walk, run, hop, gallop, skip).
- If children are tagged they must freeze as a statue that appears to be “throwing” a ball to a target.
- *To be freed someone must come and mirror your throwing statue.*

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Bean bags, hoops, tape, various shapes for targets

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Demonstration: Underhand throw to target (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: Hoop elimination (5 - 8 minutes)

- Leader divides the activity space in half.
- Children spread out at one end of the activity space.
- Leader distributes several hoops in the other half of the activity space.
- Leader places several bean bags in two hoops in the two corners of the activity space closest to the children.
- Children try to underhand throw bean bags into the hoops according to a time limit or until all bean bags are gone.
- Children must throw from behind a centre line or from designated positions in the activity space (e.g. behind cones that are strategically placed).
- At the end, remove any hoop that has a bean bag in it.
- Leader then asks children to collect all bean bags and return them to the hoops in the corners.
- Activity continues until all hoops have been eliminated.

TIPS FOR INSTRUCTION

- Repeat the activity with children throwing with their non-dominant hand.

CUES

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

Game: Hit the target (10 - 12 minutes)

- Leader divides children into groups of 2 or 3.
- Each child has one bean bag.
- Leader creates several “*target zones*” on the floor and walls of the activity space using tape, ribbon, rope, or existing floor and wall markings.
- The floor should have lines 2m, 3m, 4m and 5m away from a starting line.
- Using underhand throws, children take turns trying to land their bean bag in the 2m zone, then the 3m zone, etc., until they have successfully reached the 5m zone.
- Three points are awarded when a child hits the target zone on the first attempt.
- Only one point is awarded if the target zone is hit on subsequent attempts.
- On the wall, coloured shapes made of paper are taped up as targets at various heights.
- Each target is assigned a point value.
- Children underhand throw a bean bag 10 times at the targets on the wall and add up their scores.

Wrap-up (2 minutes)

Call the children back into a circle.

Review what they learned today.

Was it easier to underhand throw to a target zone on the floor, or to a target on the wall?

TIPS FOR INSTRUCTION

- Rotate when most children have finished at each station.
- Score cards can be given to each team to record points.

CUES

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