

Object Manipulation 1.6: Basic overhand throw 1

3 - 5 year olds

Introduction (1 - 2 minutes)

Greet the children, introduce yourself, and bring them to the centre of the activity area.

Ask the children to hold hands and form a circle with you, then sit down.

If available, you can use existing circle markings on the floor.

Ask children to sit with their hands on their knees with their eyes looking at you (crisscross-apple-sauce).

Explain any special safety rules for the day.

Explain that when you give a specific signal (e.g. whistle blow), the children must Stop, Look, and Listen.

Explain in 20-30 seconds what you will be doing today and start the first activity.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Bean bags, hula hoops, baskets (or cardboard boxes)

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- Always be consistent with your introductory routine and instructions.
- Always phrase your comments in a positive and constructive way.

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Activity 1: Animal walks (5 - 6 minutes)

- This is an exercise where children practice following signals and instructions.
- Ask the children to walk like the animal that you name (demonstrate):
 - » *Horse - walk at normal speed around the gym*
 - » *Cheetah - walk fast*
 - » *Raccoon - walk backwards (look over your shoulder)*
 - » *Owl - stand still*
 - » *Turtle - sit down and make yourself small*
 - » *Kangaroo - jump up and down*
 - » *Elephant - move very slowly with giant steps*

Activity 2: Target throwing overhand (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 beanbag:
 - » Stand facing your target (hula hoop on wall).
 - » 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 beanbag and turn your body as you throw.
- Setup three different target stations around the gym:
 - » hula hoops on the walls
 - » baskets on the floor
 - » area for “distance” throwing (throw from line as far as you can)
- Have supplies of beanbags at each station.
- Have leaders monitoring each station.
- Divide children into three groups, and rotate groups between stations every 2-3 minutes.

TIPS FOR INSTRUCTION

- Remind children of their “space bubble” (see Locomotion 1.1).

CUES

- *Head up*
- *Look around*

TIPS FOR INSTRUCTION

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

CUES

- *Point and throw*
- *Stand sideways to target (but don't insist)*

Activity 3: Follow my throw (8 - 10 minutes)

- Children stand together with the leader to form a circle.
- Everyone has a beanbag.
- Leader demonstrates an underhand throw and an overhand throw.
- The leader throws his/her beanbag into the middle of the circle.
- The children take turns throwing their beanbags and trying to get close to the leader's beanbag.
- Cheer for the child who makes the closest throw.
- Clap for every child who throws their beanbag well.
- After everyone has made their throw, pick up the beanbags and repeat again.
- Practice throwing with alternate hands (dominant and non-dominant).

Wrap-up (2 minutes)

Ask the children to help you put the balls and beanbags away calmly.

Then ask the children to lie on their backs and face upwards.

They can look at the ceiling or keep their eyes closed (some may be afraid of closing their eyes).

Talk about what they learned today and the things they did well.

"I want everybody to think of one good thing they did well today. If your one good thing was _____, you can line up in front of me."

- *Listening well*
- *Getting along with your partner*
- *Putting away the equipment nicely*
- *Doing a good throw or catch*
- *Etc.*

TIPS FOR INSTRUCTION

- Encourage children to wait their turn.
- Every child receives praise for trying.

CUES

- *Point and throw*
- *Stand sideways to target (but don't insist)*