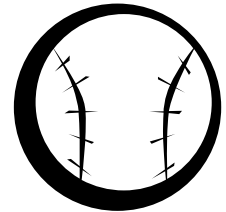


## Lesson Objective:

- To develop the movement skills associated with throwing.

## Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.
- Hula Hoops, pylon markers.
- Bean bags, foam balls, frisbees, etc.



## Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. During activities, make sure students are aware of loose balls rolling around as they are running.

## Entry Activity: PYLON RELAY

Six pylons are spread around the gym on the lines bordering the gym to make optimal use of the space. The pylons are numbered. The students will be divided into six groups, one group at each of the pylons. Movements are on paper and stuck to the pylons to remind the students of the required movement.

The teacher demonstrates each movement from pylon to pylon staying on the line. When ready, the students begin the cycle travelling from pylon to pylon doing the movements required at each one. The cycle ends when the students return to their original pylon. No passing allowed! Don't begin to move until the person ahead of you reaches the back of the line at the next pylon.

**Marker 1** - walk forward fast and down low

**Marker 2** - walk backwards quickly

**Marker 3** - run fast

**Marker 4** - slide step

**Marker 5** - skip step

**Marker 6** - hop on one foot

## Skill Development:

Teacher should demonstrate for students the proper positioning for throwing a ball overhand and underhand. Have the students stand approx. 3m away from a wall and have them practice throwing different ways. Once they have completed 3 catches, have the students take a step back. The teacher should move around the gym and provide feedback on stance and position.

## Game: HOOP TOSS

Students remain in the six teams that they were in for the entry activity. Working around a basketball net or a hula-hoop/ target on the wall, have students line up in front of the target and the game will be to throw the ball or other object of their choice at the target. Points are scored if the ball goes through or hits the inside of the target. One person within the team stays below the hoop to return or chase the object that was thrown. Play the game for a set period of time having a student in the group keeping score at each station. Throwing is at chest level and/or higher.



## Cool Down:

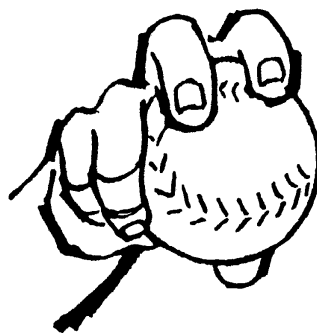
Have students jog around the gym, then walk around the gym forwards, walk around the gym backwards. Once they are done have them sit in a circle with each student demonstrating a different body stretch.

## Focus Points: OVERHAND THROWING

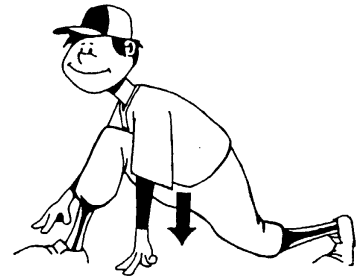
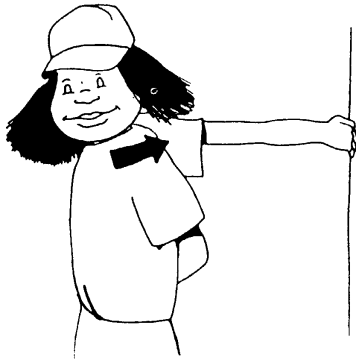
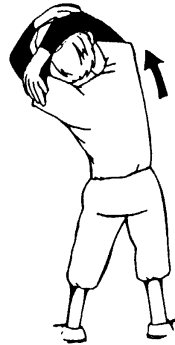
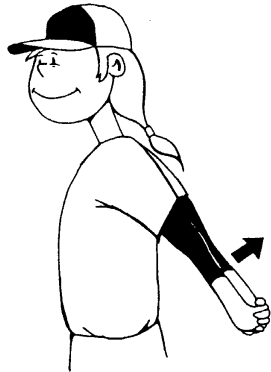
- Grip 2 fingers over the seams of the ball if possible (3 fingers are acceptable for smaller hands)
- Throwing hand thumb should be pointing down; hand and elbow high
- Full arm extension on release of ball
- Step towards target
- Push off the back foot

## Diagram:

### GRIP



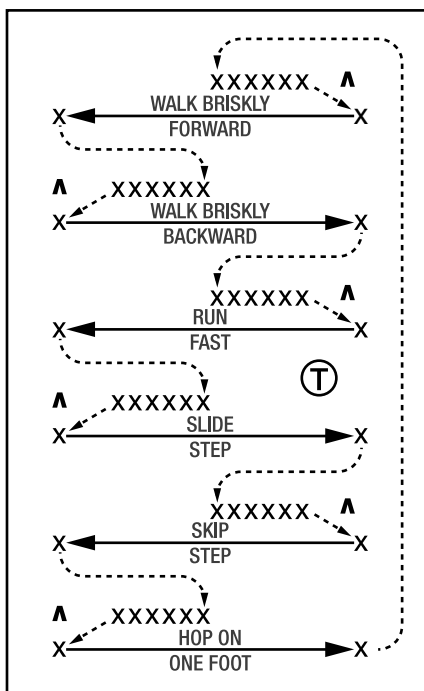
# STRETCHING FOR BASEBALL



# Diagrams: GRADES 3 & 4 LESSON #1

- Stretch and hold the positions shown - don't bounce or jerk!
- Hold each position for 15 seconds, then relax and move on to the next exercise.
- As you progress, hold the positions longer (up to 30 seconds) and add more repetitions (do two or three of each exercise).

## PYLON RELAY



### LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ▲ PYLONS
- X HOOPS
- DIRECTION OF MOVEMENT

## HOOP TOSS

- HOOP SECURED TO WALL CENTRE 1.5 m FROM FLOOR
- MOVE STUDENTS BACK TO INCREASE DIFFICULTY
- HAVE ONE STUDENT RETRIEVE OBJECT
- VARY OBJECT THAT IS THROWN

