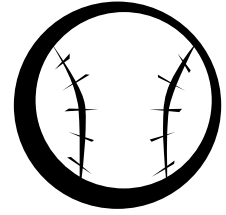


## Lesson Objective:

- To develop accurate throwing skills through group and solo activity.

## Equipment Required:

- 1 ball (foam ball, wiffle ball, etc.) for each student.
- 2 large beach balls.
- Pylon markers.
- Various throwing objects (bean bags, frisbees, foam balls, playground balls) – three per station.



## Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. During game activity, instruct students to throw the balls at the target only and not at other students. When students retrieve balls make sure they are careful not to be hit.

## Entry Activity: CIRCUS CATCH

The students are each given a light large ball. Each student should practice throwing the ball high in the air and completing a body movement like clapping, crow hopping, spinning, hopping on one foot or a combination of different movements and then catching the ball.

## Skill Development:

Teacher should demonstrate for students the proper positioning for catching high and low balls. Have the students practice in groups of 3 or 4 throwing and catching to each other, focusing on proper execution (see focus points). The teacher should move around the gym and provide feedback on stance and position.

## Game: WIPEOUT

2 Large beach balls are positioned in the centre of the gym. The class is divided into 2 groups. Each group is positioned on opposite end lines designated by cones at least 10 m from the centre of gym. For each team designate one ball retriever to toss the balls back to their team from centre court. Each student should have a foam ball or another soft ball to use. Each group stands side by side behind their end line. The object of the game is to force the beach balls to cross the opposing teams end line.

This will be accomplished by throwing the foam balls at the beach balls to direct its path to the opposite end line. Students may not step over the end line to throw balls. They may not use any body part to prevent a ball from crossing their end line. Each time a beach ball passes over the end line, a point is scored.

### Cool Down:

Students get a partner and face each other. Position partners so partner A can see the teacher and partner B cannot. The teacher will demonstrate body stretches focusing on arms. Partner A must do what the teacher is doing and partner B must follow what A is doing. Partners will switch positions at halfway point.

### Focus Points: RECEIVING

- Thumbs together, palms facing out for high balls.
- Little fingers together, palms facing out, for low balls.
- Arms should be extended in front of the body ready to catch.
- Bring the ball into the body (give with the ball - soft hands).

### OVERHAND THROWING (from Lesson #1)

- 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:

#### LEGEND

- X STUDENTS
- Ⓣ TEACHER
- R RETRIEVER
- ▲ PYLONS
- BIG BALLS

