

KINDERGARTEN & GRADES 1 & 2

Lesson 3

Lesson Objective:

- Throwing to partner

Equipment Required:

- Softer balls (Soft/foam/wiffle balls), different sizes



Safety Considerations:

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

Entry Activity:

Pick a spot on the wall that is chest high (students height) for each student to aim at. (Optional) Place a piece of the tape on the wall across from each student. The students should be 5 feet away from the wall.

Have the student throw the ball against the wall. The students should attempt to catch the ball using two hands and bringing ball into their chest.

Skill Development:

Remind the students of proper grip on the ball and proper throwing steps.

When catching a ball, see below.

- 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) as it is caught.



Game 1:

All the students pair up and start in a sitting position, 5 feet apart, with 1 ball per pair. The ball starts with students on same side. This allows the teacher to view everyone throwing in the same direction. The teacher can add a 1-2-3 verbal instruction so that everyone throws on the 3 count. All the students start on the teachers command. The object is for both students in the pairing to throw the ball, and in turn catch the ball properly. Throw the ball 2 feet high to your partner. Upon the direction from the teacher, the students then throw the ball back and forth several times.

Partners then go to the wall and in a standing position, toss the ball at the wall 2 feet higher than previously. The student should alternate throwing and catching. The goal is to catch 5 balls each without allowing one to drop to the floor.

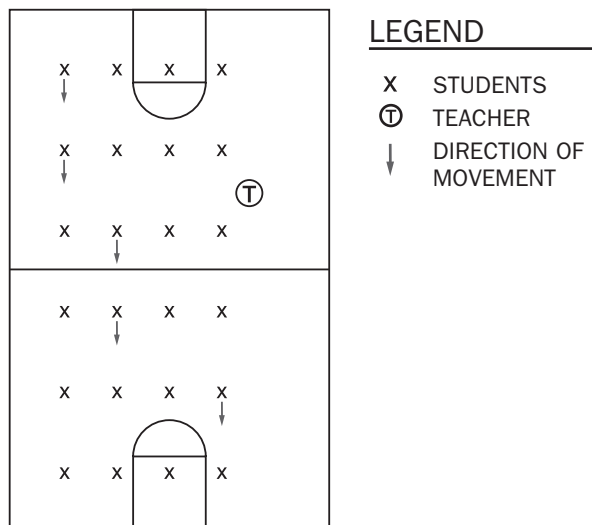
Variation: Depending on the skill level, both students would simultaneously toss their balls against the wall and then catch their partners' ball.

Game 2:

Split the class up into 4 teams all looking towards the same end of the gym. Space the students roughly 5 feet behind each other for 1 long line per group. Space the lines roughly 10 feet from each other.

Give the first person from each team a soft ball and have them turn around and toss the ball to the 2nd teammate in line. If a good throw and a good catch occurs, the 2nd person in line turns around and continues by tossing the ball to the next teammate.

Variations: you can also make more lines, or have students that successfully throw the ball run to the end of their line so that the line becomes continuous (until you run out of space in gym).



Focus Points:

- Grip on the ball
- The Wheel progression for throwing a ball
- Aim at target on follow through
- Catching with two hands and bringing the ball into the body