

KINDERGARTEN & GRADES 1 & 2

Lesson 1

Lesson Objective:

- Progression in the skill of throwing

Equipment Required:

- Softer balls (Soft/foam/wiffle balls)
- (Optional) Tape, easy to remove from gym wall
- Cones/pylons



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:

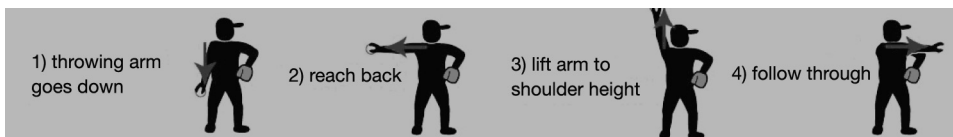
The teacher should review with all students the proper grip on a ball used for throwing.

- 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



With a ball the students should grip the ball properly and show the teacher for review.

Without a ball in the hand, the teacher should show the students the proper throwing technique known as “The Wheel”.



Skill Development:

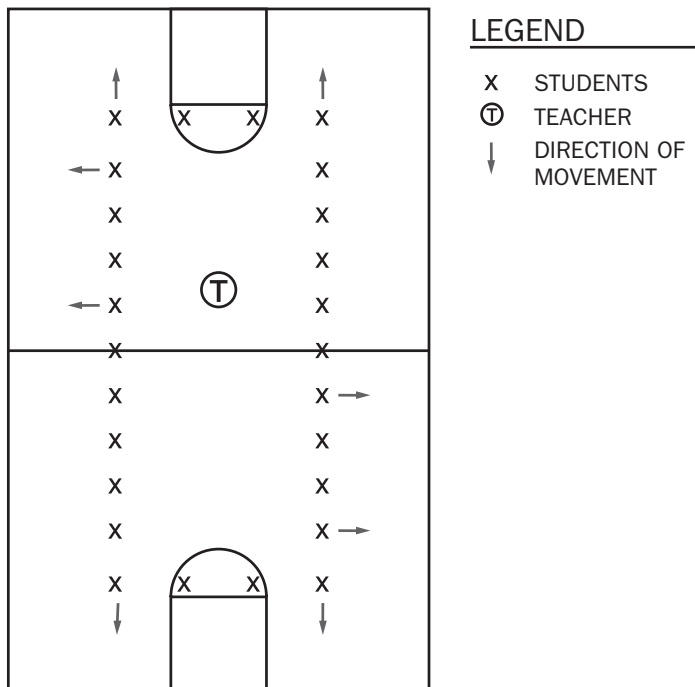
Have the teacher line up all the students around the entire gym, 5 feet away from the wall. Space the students out properly. In a sitting position, students should take a ball in the hand, simultaneously properly grip the ball.

All students should then proceed to position themselves as shown in step 1 of "The Wheel;" progression. Then proceed to step 2 (reach back), step 3 (lift arm to shoulder height), then finish with releasing the ball at the wall and step 4 (follow through). Expect the ball to bounce off the wall. The students should block the ball with their body so that the ball does not go past them. To control the speed of the rebounding ball, do not have the students throw hard at the beginning. Focus on proper technique rather than speed.

Game 1:

For aiming purposes, pick a spot on the wall that is roughly the same height as students' chest. (Optional) Place a piece of tape at this spot on the wall across from each student. Student should be 5 feet away from the wall. Ask all students to aim/throw at the wall (piece of tape). If they hit the proper spot they receive 1 point.

Select partners for each of the students to play this game. The students should take turn aiming at the tape on the wall and collecting points. Once one player reaches 5 points, allow the student to change partners and start over.

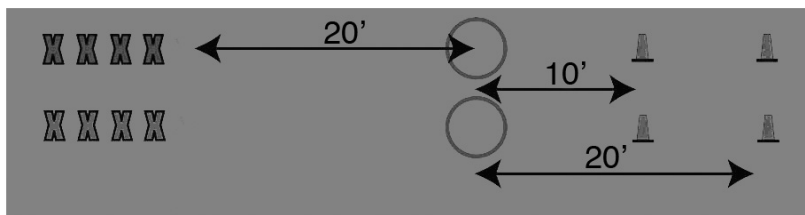


Game 2:

Split the students up into equal sized teams, ideally 4 per team. If a team is short a student, have someone go a 2nd time. Each team forms a line. 20 feet away is a group of 8 balls (2 per person on the team). The first student from each team runs to the group of balls for their team, and then proceeds to throw the ball towards a first cone 10 feet away. They then take a 2nd ball and throw it towards a cone that is 20 feet away. If the 1st cone is hit from 10 feet away the team is awarded 1 point. If the 2nd cone is hit from 20 feet away the team is awarded 2 points. Once the first student from each team throws 2 balls, have them run back to the line and high five a teammate to signal their turn to go next. First team to complete the relay is awarded an additional 2 points.

Have all of the throwing going in one direction to avoid students from being accidentally hit.

Variations: instead of running, student can hoop.



Focus Points:

- Grip on the ball
- The Wheel progression for throwing a ball
- Aim at target on follow through