

## Lesson 5 of 6

# Throwing

### EQUIPMENT

variety of balls, one per student » beanbags » pylons, pins, garbage cans

### RELATED RESOURCES

Run Jump Throw... and away we go!, Alberta Learning, 2001, [www.education.alberta.ca/physical\\_educationonline/Edmonton2001/runjump.asp](http://www.education.alberta.ca/physical_educationonline/Edmonton2001/runjump.asp)

ABCD's of Physical Education



### Do it Daily...For Life!

Effort	
Safety	
Goal Setting/ Personal Challenge	D(K-3)-7
Active Living in Community	

## Warm It Up

### ARMS IN ACTION

Invite students to choose one ball from a bin that contains balls of various sizes and

stand spread out along the longest wall in the activity area. Explain that although students have each chosen a ball, all students will be using a variety of balls throughout the warm up activity. On the teacher's signal to begin, students will throw the ball as instructed into the activity area and then wait for the next signal before moving to collect their ball. As students collect their ball, they travel quickly to the opposite wall and wait for directions. Invite students to practice throwing the ball in a variety of ways; e.g, roll with both hands while facing forward, then both hands while facing backward (through legs), then roll the ball with the right hand, then left hand. After 2-3 throws, instruct students to pick up a different ball from the one they were throwing while moving to the opposite wall. When students are warmed up, instruct them to place their ball against a wall.



### Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, [www.acicr.ca](http://www.acicr.ca).

### Clues that students are achieving the outcome...

"Students will try a challenging movement experience based on personal abilities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can try throwing with right and left hands
- Students can complete station activities in a way that challenges their underhand throwing ability



## Whoop It Up

### UNDERHAND THROW

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Post and lead students through the 3-step technique for the underhand throw. Invite students to practice each movement, without an object, as they are being reviewed:

1. Load it up (extend arm back and rotate trunk to open shoulders to the side of the throwing arm)
2. Take a step (step forward with foot opposite to the throwing hand and transfer weight from back to front foot)
3. Follow through (throw object and point hand in the direction of the throw)

Review each of the three steps by calling out the name of each step and having students shout it out as they practice the movement. Explain that students should choose to throw in ways that will challenge their individual abilities; e.g., which object to throw, how far apart to stand, which hand to use. Instruct students to find a partner, choose a ball or beanbag to throw and return the balls not being used to the bin. Students stand facing their partner 2-3 meters apart along a designated line. The group should all be standing in two long lines. Challenge students to practice throwing underhand, with each hand. Allow 2-3 minutes for practice and then instruct students to switch partners; one line of students is the stationary line, these students hold the ball and do not move. The other line is the moving line, these students move to their right and partner with the next student in the stationary line. Allow one minute for students to practice the underhand throw with the new partner and switch again. Circulate to provide descriptive feedback and encourage students to say the three steps out loud while throwing.

Set up stations throughout the activity area that will challenge students to throw underhand with accuracy. Ensure there are no more than 3-4 students at each station (you might choose to set up the same station more than once), and that all students are throwing towards a wall and not towards the centre of the activity area. Remind students to complete each task in a way that challenges their abilities; e.g., distance from target, hand used to throw. At each station, designate an end line. Students can attempt to hit the target at each station from as close as they like, but no further than the end line. Stations might include throwing a ball into a garbage can, throwing a beanbag so it stops in the centre of a circle on the floor, or throwing a ball to knock over pins.



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## Wrap It Up

Review the 3-step underhand throwing technique while leading students in a head to toe stretch. Ask students to identify activities that require underhand throwing with accuracy.