

## Lesson 6 of 6

# Throwing

### EQUIPMENT

shoebox per student  
» playground ball per student  
» upbeat music

## Warm It Up

### THROW AND SPRINT CHALLENGE

Provide each student in a group of 4-5 with a playground ball and a shoebox. Groups stand behind a designated start line, and on the signal to begin, run with the boxes to an area 10-15 meters away and stand them on end – these are the targets. Groups then return to the start line and throw the balls towards the boxes in an attempt to knock them over. When all targets have been knocked over, the group runs to collect the boxes and the balls and brings them back to the start line. The group shouts out ‘one’ to indicate they have completed the challenge once and then begin again. Have each group count the number of times they are able to complete the challenge in the two minutes provided. Repeat and encourage groups to beat their record. Place a bin containing balls of various sizes in each corner of the activity. Instruct students to return the balls to a bin and stack the shoeboxes beside the bin.

### ABCD's of Physical Education



### RELATED RESOURCES

Run Jump Throw... and away we go!, Alberta Learning, 2001, [www.education.alberta.ca/physicaleducationonline/Edmonton2001/runjump.asp](http://www.education.alberta.ca/physicaleducationonline/Edmonton2001/runjump.asp)  
Physical Education Online website, [www.education.alberta.ca/physicaleducationonline](http://www.education.alberta.ca/physicaleducationonline)



### 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).



Cooperation

### Cooperation

Communication	C(K-3)-1
Fair Play	
Leadership	
Teamwork	

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

“Students will demonstrate respectful communication skills appropriate to context.” *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can provide feedback in a respectful way
- Students can express feelings appropriately during group activities



## Whoop It Up

### OVERHAND 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 4-step technique for the overhand throw. Invite students to practice each movement, without an object, as they are being reviewed:

1. Load it up (extend arm back at shoulder height 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. Elbow first (lead the throw with the elbow)
4. Follow through (rotate hips and trunk, throw object and follow through diagonally across the body)

Teaching tips and a video of the overhand throw are available on the Physical Education Online website (see Related Resources). Review each of the four steps by calling out the name of each step and having students shout it out as they practice the movement. Demonstrate an overhand throw by throwing a ball against the wall. Invite students to watch your 'load it up' movements and tell you how you did. Throw again and have students comment on your 'take a step' movements. Repeat with all four steps and explain that students will now have an opportunity to provide feedback to a partner. Emphasize the importance of respectful communication. Feedback should be specific and share how each step was or was not done well. Partners choose a ball and take turns throwing against the wall while the partner observes and provides feedback on their performance, one step at a time.

Set up stations throughout the activity area that will challenge students to throw overhand 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 to hit a target suspended from a net/crossbar, throwing a hoop over a broomstick that is stuck in the top of a pylon, hitting targets on the wall at various heights.



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## Wrap It Up

Provide students with one opportunity to beat their record in the throw and sprint challenge, having practiced the overhand throw. Ask students to walk and return the boxes and balls to a designated area. Stop the group every 15 seconds while putting equipment away and call out a stretch; e.g., reach for the sky, reach to the right, reach to the left, reach to the ground.