

**Grade Level: 3-5**

**Unit: Throwing and Catching**

## **Lesson 1: Underhand Throw**

### **Objectives**

- Student will be able to throw underhand using the critical elements of a mature pattern.
- Student will be able to underhand throw objects at stationary targets.
- Student will be able to follow directions for class activities.
- Student will be able to demonstrate safety when throwing objects.

### **Standards**

- Throws underhand to a partner or target with accuracy MOSHAPE GLE S1.E13.3
- Throws overhand, demonstrating 3 of the 5 critical elements of a mature pattern in non dynamic environments (closed skills), for distance and/or force MOSHAPE GLE S1.E14.3
- Throws underhand using mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects MOSHAPE GLE S1.E13.4a
- Throws underhand, with accuracy, in dynamic situations MOSHAPE S1.E13.5a
- Throws with reasonable accuracy in dynamic, small-sided practice tasks MOSHAPE S1.E15.5b

### **Key Vocabulary**

- dominant
- non dominant
- underhand

### **Equipment Needs**

- foam balls (1 per pair)
- cones
- hoops
- bean bags

### **Set-up**

- Students working in pairs (tossing)
- 4-5 small groups (cone hole)
- Personal space (toss tag)

### **Safety**

- Check activity area for obstacles or holes
- Eyes forward while moving and throwing
- Instruct students to make eye contact and communicate when working with a partner

### **Warm Up**

- **Card Warm-up.** Use a deck of cards with all four suits spread out in a specific location. Each suit represents a different Health-related part of fitness (Hearts-Cardio-jog laps, Spades-Strength-Push-ups, etc.) List card suit/activity on a poster or white board for reference. Students pick a card and do the number listed of their suit exercise. Face cards are automatically ten, or you can take them out of the deck. Students cannot repeat the activity if they draw a similar card, they automatically change to an exercise of their choice from a list provided.

**Description: Partner Toss**

1. Review the 5 critical elements of underhand throwing.  
**Face target in preparation for throwing action.**  
**Arm back in preparation for action.**  
**Step with opposite foot as throwing arm moves forward.**  
**Release ball between knee and waist level.**  
**Follow through to target.**
2. Students in pairs facing each other approximately 10 feet apart.
3. Demonstrate the mechanics of underhand throwing.
4. Review dominant and non dominant hands.
5. See how many times the student and partner can successfully toss & catch.
6. Once they get to 10 they can take 1 or 2 steps back and continue.

**Description: Cone hole**

1. Divide students into teams of 4 and single file line behind a line or cone.
2. Place a hula hoop in front of line with 10 bean bags inside.
3. Set up a large cone inside a hoop on its side facing the team.
4. Each team can start with 10 bean bags (or any # chosen by teacher).
5. Each person in line gets one turn to toss the bean bag underhand and attempts to make it inside the cone.
6. If you make it, leave it. If you miss, pick it up and bring it back to your team.
7. Continue until you have 3 teams complete or at the teacher's discretion.
8. Give students an option to play a 2nd round with cone further away from the starting line.

**Description: Toss Tag**

1. Each student has a bean bag in their own personal space.
2. The object of the game is to tag a friend below the knee with your bean bag using an underhand throw/toss.
3. If you get hit, leave the playing area and self toss and catch the bean bag 10 times.
4. After student completes self tossing challenge they re-enter game.
5. Give students an option to add in an exercise of their choice to perform outside the activity area when they get tagged.
6. Re-enter the game after completion of the exercises. .

### **More Challenging**

- Target is further away
- Use non dominant hand

### **Less Challenging**

- Target is closer
- Use both hands to catch

### **Assessment**

- Check for 5 critical elements of underhand throwing.  
**Face target in preparation for throwing action.**  
**Arm back in preparation for action.**  
**Step with opposite foot as throwing arm moves forward.**  
**Release ball between knee and waist level.**  
**Follow through to target.**
- Think-Pair-Share

### **Cool Down/Review/Closure**

Have students find a partner and choose seated stretches while they participate in a think-pair-share. Can I perform the underhand throw? Was I safe? What do I still need to practice?