

Grade Level: 3-5

Unit: Throwing and Catching

Lesson 3: Overhand Throw

Objectives

- Student will be able to improve overhand throwing
- Student will be able to throw overhand using the critical elements of a mature pattern.
- Student will be able to overhand 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 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 overhand to a partner or at a target with accuracy at a reasonable distance. MOSHAPE GLE S1.E14.4c
- Throw a variety of objects (frisbees, deck tennis rings, footballs), demonstrating both accuracy and distance. MOSHAPE GLE S1.E13.5b
- Throws overhand using a mature pattern in non-dynamic environments (closed skills), with different sizes and types of objects. MOSHAPE GLE S1.E13.5c
- Throws overhand to a large target with accuracy. MOSHAPE GLE S1.E13.5d

Key Vocabulary

- Overhand throw
- Step, turn, throw
- Opposition
- Extension

Equipment Needs

- 1 mat for each team
- 4 bowling pins for each “ship”
- 5 balls per team/ship
- 1 scooter per team
- Popsicle sticks

Set-up

- Students in teams of 4 or 5
- Mats spread in a circular formation 10-15 ft. away from each other.
- Students, balls and scooter are on the mat.
- 1 bowling pin in each corner of each mat

Safety

- Check activity area for obstacles or holes
- Partner is looking before throwing an object
- Instruct students to make eye contact and communicate with partners during skill practice

Warm Up

- **KABOOM** fitness game. Pick 9 exercises. Write each exercise on 10 popsicle sticks - 10 sticks will have jumping jacks, 10 sticks will have push-ups, etc.. (ex. jumping jacks, push-ups, front/back jacks, crazy jacks, 30 second plank, plank jacks, lunges) Write **KABOOM** on 10 popsicle sticks. Mix up and place all sticks in a bucket. Divide students into groups/teams of 5 to 6. Teacher stands in the center of the gym with the bucket of sticks. One student at a time comes to the center and grabs a stick and bring it back to their group. All students in the group perform the exercises. The team saves popsicle sticks and tries to collect the most. If a student grabs **KABOOM** they have to collect all their sticks and put them back in the bucket. After a couple songs or designate time, let teams share how many they collected. Option to play several rounds.

Description: Pirate Ship

1. Review 6 critical elements of overhand throwings
 - Side to target
 - Hips begin rotation followed by shoulders, resulting in side to target.
 - As shoulders rotate, throwing hand goes back and rotates with palm slightly away
 - As throwing hand goes back, elbow is aligned with hip and remains at shoulder height or slightly below.
 - Elbow leads forward action
 - Follow through toward target and across body
2. Students are split into 4 or 5 teams and stand on a mat that represents a ship.
3. Each ship has 4 bowling pins on each corner of the mat.
4. Teams throw foam balls overhand at other ships' bowling pins. If all 4 pins are knocked down, the team members on that ship must run a lap or climb a rock wall (if available) then reset and keep playing.
5. Each ship has 2 students represented as Parrots who will retrieve foam balls for their ship to keep throwing. Parrots are included if all pins are knocked down.

More Challenging

- Increase distance between ships
- Use non dominant hand only for throwing

Less Challenging

- Decrease distance between ships

Assessment- Checklist-6 critical elements of overhand throwing.

1. Side to Target
2. Hips begin rotation followed by shoulders, resulting in side to target.
3. As shoulders rotate, throwing hand goes back and rotates with palm slightly away
4. As throwing hand goes back, elbow is aligned with hip and remains at shoulder height or slightly below.
5. Elbow leads forward action
6. Follow through toward target and across body

Cool Down/Review/Closure

Seated forward fold stretch. Ask students what area of their body they are stretching. (lower back and hamstrings) Have students share the 3 word cue for overhand throwing (Step, Turn, Throw) and say it as they show you for a high five on their way out of class.