

Grade Level: 3-5

Unit: Throwing and Catching

Lesson 4: Throwing & Catching

Objectives

- Student will be able to throw underhand and overhand using the critical elements of a mature pattern.
- Student will be able to demonstrate the critical elements of catching.
- Student will be able to reinforce the concept of absorbing the force of the object being caught.
- Student will be able to demonstrate safety when throwing objects.
- Student will be able to reinforce the concept of absorbing the force of the object being caught.

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
- Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern MOSHAPE GLE S1.E16.3a
- Consistently catch a ball with bare hands, a glove or a scoop MOSHAPE GLE S1.E16.3b
- Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment. (closed skills) MOSHAPE S1.E16.4
- Catches with reason- able accuracy in dynamic, small-sided practice tasks MOSHAPE GLE S1.E16.5c
- Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher or as is appropriate for the situation MOSHAPE GLE S2.E3.3
- Applies the concepts of direction and force in various activities (e.g. when striking an object with a short-handled implement, sending it toward a designated target) MOSHAPE GLE S2.E3.4b
- Applies the concepts of direction and force (e.g. to strike an object with a long-handled implement) MOSHAPE GLE S2.E3.5b

Key Vocabulary

- Opposition
- Step, turn, throw
- Dominant
- Non dominant
- Teamwork

Equipment Needs

- 2 Mats
- Foam Balls
- 2 Buckets of Rings or anything else to track points
- Wristbands or jerseys to designate teams
- 4-6 pool noodles

Set-up

- 2 teams
- 1 mat on each side of the gym (distance back depends on grade level and desired level of difficulty)
- 2 buckets of rings-one on each side of the gym.

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

- Meet in the Middle. Students stand across the gym from a partner. On teacher signal students run and high five their partner in the center of the gym and perform the activity called out. (ex. jumping jack, high five planks, reverse table toe touches, push-ups, etc.) You can let students self select exercises.

Description: Boom City <https://www.thepespecialist.com/boomcity>

1. Students have 3 jobs at any given time.
 - a. **Throwers** – throw a ball from behind the midline to a catcher on your team
 - b. **Catchers** – go stand on the opposite side on the mat, trying to catch a ball in order to earn a ring
 - c. **Blocker** – stand in front of the catching mat and attempt to block the thrown balls from the other team
2. To count as a successful catch – the catcher must have 2 feet on the mat and catch the ball in the air
3. When a catcher catches the ball successfully, they must do three things
 - a. SPIKE THE BALL
 - b. YELL BOOM CITY

- c. EARN A RING – go earn a ring from the opposing teams bucket (behind the bench) and run across the gym to place the items in their own teams bucket *Have students say “SPIKE THE BALL... BOOM CITY... EARN A RING”
4. You may only carry one ring at a time
5. **Penalty Box** (self counted 60 mississippi’s on the side wall) for any rule violation
 - a. Throwing a ball past the midline
 - b. Blocking a ball while in the middle square (no blocking in the catching zone)
 - c. Taking more than one ring
6. After explaining the rules to the students and demonstrating each job – allow each team to have 1 minute to discuss their strategies for success and then start the music to begin the gameplay. After each round, have the students all meet back in the middle and declare the round winner and discuss strategies. Then reset the rings/points in the correct bucket and begin the next round. Play as many rounds as you can in the time you have.

More Challenging

- Mats further apart (5th grade can have them placed on end lines)
- Use pool noodles to block catchers instead of hands.

Less Challenging

- Mats closer together
- Use hands to block ball

Assessment

- Checklist critical elements of overhand throwing
- Ask students to show you with their fingers 1-5 rating on their enjoyment level of the game (5 being the highest)
- Ask students to rate their mastery of throwing with thumbs up, side or down.

Cool Down/Review/Closure-

While stretching:

Ask students to show you with their fingers 1-5 rating on their enjoyment level of the game (5 being the highest)

Ask students to rate their mastery of throwing with thumbs up, side or down.