

Grade Level: 3-5

Unit: Throwing and Catching

Lesson 5: Applied Games

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 simple offensive and defensive strategies and tactics in complex and changing game-like situations. MOSHAPE GLE S2.E5.4a
- Applies basic offensive and defensive strategies/ tactics in invasion small sided practice tasks. MOSHAPE GLE S2.E5.5a

- Recognizes and demonstrates strategies and tactics needed for different games and sports situations (e.g. throw, volley, or striking action needed for different games & sports situations. MOSHAPE GLE S2.E5.5c

Key Vocabulary

- offense
- defense
- overhand throw
- underhand throw
- catch
- opposition
- sportsmanship

Equipment Needs

- jerseys
- foam ball
- hockey goals

Set-up

- 1 full court game OR 2 small sided games. (depending on the size of activity area)
- Divide the class into 3 or 4 teams. (depending on class size)
- If playing area only allows 2 teams to play at a time, have the waiting teams participate in cup stacking or fitness activities.

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

- **Fitopoly.** Spread poly spots out around a line in the activity area mimicking a game board. Write a fitness exercise on the bottom of each poly spot. Place a few sets of dice into the center of the gym (center of the board game). Students may work individually, with a partner or in a small group. Each person/group picks a poly spot to start on. When the music starts, one person from the group rolls the dice. Students RUN the number of poly spaces from where they begin. Continue this pattern for 1-2 songs or for designated time,.

Description: Team Handball

1. Discuss defense and offensive (students can discuss and share with partner and share out with class)
2. Divide the class into teams
3. Students spread out on their half of the activity area.
4. All students can play offense and defense (teacher could also focus on offense and defense and split kids up and let them have a turn to do each separately)
5. Ball is thrown BACKWARDS to a teammate to start game.
6. Student can NOT move when they have the ball.
7. Student has 3-5 seconds (teacher's discretion) to pass the ball.
8. Students move down the court to open space and catch the ball.
9. Score by throwing ball in goal. (reinforce STEP, TURN, THROW)
10. After score the other team gets the ball at half court.

More Challenging

- Less time holding the ball between passes
- Add dribbling to movement
- Add up to 3 steps continuation before students have to stop

Less Challenging

- Larger ball
- Extended hold time of ball

Assessment

- **Self evaluation of cooperation levels**

Cool Down/Review/Closure- While stretching:

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

Ask students to rate their mastery of team handball and the skills within it with thumbs up, side or down.

Ask students to rate their teamwork and sportsmanship during the activity.