

# I CAN Run, Jump, Throw, Wheel - Lesson # 7 of 10

## Learn to Train Throwing

### Introduction

In this lesson, will be practicing throwing. To accommodate the different seasons the activities have been labeled indoor or outdoor for your convenience. If you were planning on hosting an indoor Run, Jump Throw, Wheel Games at the end of this unit would typically take place in a gymnasium or other indoor space between November and April while there is snow on the ground.

### Warm Up

**Activity:** Rhino Ball Tunnel Relay

**Equipment:** Music player and music (music is optional, but recommended), Rhino Ball.

**Organization:** Divide the class into two teams. Have each team form lines one student in front of the other with their feet apart to form a tunnel. Have the back person roll the ball to the front. The front person will then run with the ball to the back and roll the ball to the front. Continue this pattern until everyone has gone through twice or until you run out of space in the gym.

### Learning Activities/Skill Development (Indoor):

**Activity:** Throwing Basics (Chest Push Pass) Shuttle relay

**Equipment:** 4-8 pylons, Rhino balls or basket balls (1 for every pair of students)

**Organization:** Pair off the class into groups of two. Each pair receives a rhino ball or a basketball facing one another. Discuss the different types of throws by isolating smaller movements and adding joints. Start by throwing with one or two hands using just the wrists, passing the ball between to partners. Then add the elbow and/or shoulder movement.

Place two pylons facing each other about ~30m apart from each other. Do the same with the other two pylons 10m beside the pylons. Divide the class into 2 team. Have the team divide their groups into two sides and line them up behind the pylons 30m with the groups facing each other. Start the ball on the same side and have the first student push pass the ball to their group across from them. Then run after the ball to line up behind the group across from them. Do this back and forth until everyone throws it twice.

OR

### Learning Activities/Skill Development (Outdoor):

**Activity:** Throwing Basics (Overhead Throw)

**Equipment:** Soft balls for every 2 students

**Organization:** Pair off the class into groups of two. Each pair receives a softball and lines up 2 meters apart facing one another.

1. The class will start by kneeling with one knee up and the throwing elbow resting on the knee and bounce the ball to each other 3 times on each arm.
2. Then have the students stand up and each take two steps away from each other. Stabilize the elbow and again bounce the ball to each other using their elbow and wrist. Throw it 3 times on both arms.
3. Finally have them standing in their pairs ~20m from the wall. Teach the kids a proper staggered stands. Feet will be slightly wider than shoulder width apart with the opposite foot of the throwing arm in front. Align the back heel with the front toes aiming toward the direction you are throwing. Have the kids follow your directions "Ready, Aim...Fire." Practice throwing 5 times on each arm.

### Objectives:

A 13: I can experience and demonstrate many different locomotor movements during the activities.

B 3: I can participate in activities that work out my heart and improve my strength.

### Safety:

- Remind students to move in a controlled manner in the space and to avoid collisions.
- Students must keep their eyes looking in the direction they are traveling.

### **Learning Activities/Skill Development:**

#### **Activity: Knock your Blocks Off**

**Equipment:** Equipment: foam blocks or pylons as targets, pylons, Rhino Balls

**Organization:** Divide the class into 4 teams. When the teacher gives the signal, have the first person in the group sprint out and set up the blocks/pylons vertically. They run back and high five the next person who, using the push pass (or overhand throw if this is an outside class) to throw the rhino ball at the blocks. The next person runs out to retrieve the ball and take their throw. The game continues until the all the blocks are knocked over and the group retrieves the ball and all team members are sitting down.

### **Closure/Cool Down**

#### **Activity: On Your Mark...Set...Slow**

**Equipment:** None

**Organization:** Invite students to find an open space and lie flat on their backs. When the signal, "On Your Mark...Set...Slow!" is called out, students slowly get up and lunge a foot forward holding a stretch on that leg. Repeat the activity by having students lie flat again, but this time, they lunge forward and stretch the other leg. Repeat a few more times with other stretches.