

# I CAN Run, Jump, Throw, Wheel - Lesson # 8 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: Battleship**

**Equipment:** Music player and music (music is optional, but recommended), 5 Rhino balls or basketballs, 60 pylons

**Organization:** Set up the play area and divide it down the center using 30 pylons. Divide the class into 2 groups. Have each team place their 15 pylons in stacks of 3 their playing area. Each team will take turns throwing (using the push pass throwing motion). Throw 5 balls at a time trying to knock over the other teams pylons. The last team with pylons standing wins

### Learning Activities/Skill Development:

**Activity:** Shuttle Relay

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

**Organization:** Review the progression from lesson #7.

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. Continue with additional two-handed throws (Overhead, underhand, shoulder pass or backward).

OR

### Learning Activities/Skill Development:

**Activity:** Review of Throwing basics

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

**Organization:** Review the progression from lesson #7.

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:

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

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

#### **Activity: Roller Derby**

**Equipment:** 1 Rhino Ball, Bean Bags enough for one per student.

**Organization:** Divide the class into two groups. Have the students make 2 lines 3 meters apart facing each other. Have the instructor or a student roll the rhino ball down the middle between the two groups. The students throw their beanbags at the ball attempting to knock it off its course.

### **Closure/Cool Down**

**Activity:** Simon Says

**Equipment:** None

**Organization:** As the instructor you will be Simon. The instructor states “Simon says...” and then follows it with a stretch (Touch toes with legs straight, hold one arm across their body). Every couple of stretches do not say, “Simon says...” and see how many students are listening. If you catch any students moving when you do not say “Simon says...” have them do an exercise (3 Jumping Jacks).