

# I CAN Run, Jump, Throw, Wheel - Lesson # 9 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: Bounce Pass Relay**

**Equipment:** Music player and music (music is optional, but recommended), 1-2 Balls (Rhino balls, Basketballs or any ball that can bounce)

**Organization:** Divide the class up into 2 teams. Half of each team faces the rest of their team approximately ~10m-20m away from each other. Then have them push pass the ball and run to the back of the line they passed to. Continue this until all participants have gone twice. You may add different types of throwing (overhead, underhand...etc.)

### Learning Activities/Skill Development:

#### **Activity: Add a step**

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

**Organization:** Review the progression from lesson #7 & 8

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 by adding a step where the students take one walking step into the push pass. Continue with additional two-handed throws (Overhead, underhand, shoulder pass or backward).

### Learning Activities/Skill Development:

**Activity:** Review of Throwing basics

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

**Organization:** Review the progression from lesson #7 & 8

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. Then 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.
4. Finally continue the throwing pattern but add a step with the front foot. Do this by having the students bring the front leg up and step forward, widening the stance even further.

### 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: Planet Attack**

**Equipment:** 4 Rhino balls (indoor lesson) or softballs (outdoor lesson), 11 tennis balls, 11 pylons of varying sizes.

**Organization:** Set up a perimeter that the teams will have to stay on the outside. Set the pylons inside the perimeter spread throughout the area inside. Balance the tennis balls on the pylons. Divide the class into 4 teams. Each team sends a teammate forward to and throws the balls at the planet (tennis balls on the pylons). The team that knocks over the most planets wins. The instructor can choose how many turns everyone will get or if they would like to go until all the tennis balls are knocked off the pylons.

### **Closure/Cool Down**

**Activity:** Follow the Leader

**Equipment:** 10 pylons

**Organization:** Set up 10 pylons around the gymnasium or field. The instructor chooses one student to lead the class in a run to a pylon and demonstrates a stretch the rest of the class must follow. After each stretch the instructor chooses a new student to lead the class to the next pylon and stretch.