

BALLS SKILLS LESSON 5

Year 1 & 2

Learning Intention: How can you throw a ball underarm?

Yr 1

I can underarm throw a ball

I can underarm throw a ball at a target with some success

I can underarm throw a ball at a target

Yr 2

I can underarm throw a ball at a target with some success

I can underarm throw a ball at a target with some success

I can underarm throw a ball at a target

EQUIPMENT:

15 medium-sized balls, hoops
cones, mats, benches.

WARM UP: Bridges

Children to move around in a given area (run, hop, skip).

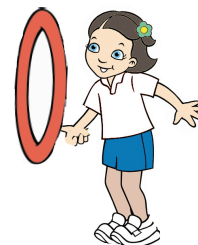
Teacher to call "bridges"; children find a partner and make the shape of a bridge with their hands. This can be repeated a number of times for a pulse-raiser.

Extension: The quickest pair to get into a bridge shape can be given a challenge – to run through as many of the other bridges as they can in 10 seconds.

ACTIVITY 1: Into the Target

One hoop and one throw-down spot. In Three's.

1. Player A stands 2 metres away from partner B. Player B holds the hoop at the side of them. Player C retrieves the ball.
2. Player A to experiment with different ways of throwing the ball through the hoop (the target). Swap over.
3. Q & A – Which way was easiest to get the ball through the hoop? Underarm or overarm?



YR 2 Extension: Move straight to activity 3

ACTIVITY 2: Underarm Throw (two hands)

1. Standing 2 metres apart. Child A throws the ball using two hands, aiming to get it through the hoop.
2. Child with the hoop to vary the heights they hold it at. Child C retrieves the ball.
3. Teacher to ask children to demonstrate good examples.

Make it harder: Use smaller hoops/vary the distance.

Make it easier: Stand closer to the hoop.



TEACHING POINT:

1. Favoured foot forward
2. Throwing hands point in direction of the target

ACTIVITY 3: Underarm Throw (one hand)

1. Go through Teaching Points with children.
2. Standing 2 metres apart. Child A throws the ball using one hand, aiming to get it through the hoop.
3. Child with the hoop to vary the heights/side they hold it at/on.
4. Challenge: how far away can they move back and still get it through the target?
5. Teacher to ask children to demonstrate good examples.

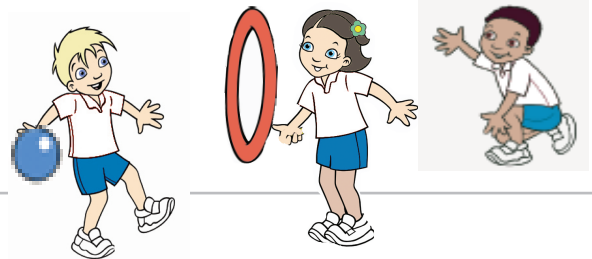
TEACHING POINT:

1. Opposite arm and opposite leg
2. Bend knees
3. Non-throwing hand points to the target
4. Throwing hand points in direction of the target

Extension: All children playing. Partner C is the runner. Partner B holds the hoop. Partner A has 1 minute to get their ball through as many targets as possible. Swap over.

Make it harder: To use a different target, e.g. tall cones.

Make it easier: Use throw-down feet to help with feet position.



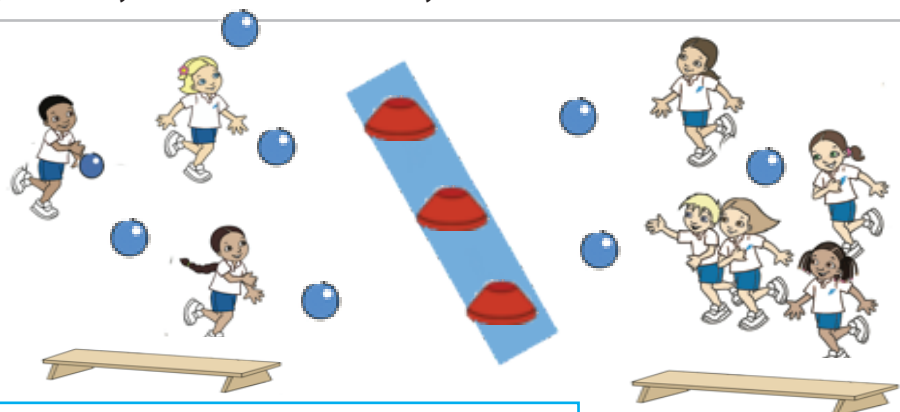
ACTIVITY 4: Free-them Dodge Ball

1. Set up the court as shown in the picture.
2. Split the players into equal teams.
3. Players start the game all standing at the back of the court in their half.
4. Players are not to go onto the mat/safety zone, or they are out.
5. Teacher to call "3, 2, 1, dodgeball" to start the game.
6. Players are to throw or roll the ball underarm only.
7. Children to aim for anyone on the opposite team; the ball must hit below the waist.
8. When players are hit below the waist they are out and "go to jail"; player to sit on the bench/stand behind cones.
9. To get a team member "out of jail" and back into play, a player takes the ball to a member in "jail". The player in "jail" tags the ball which "frees" them and allows them back into the game.
10. Members sitting in "jail" can call for help – this helps with communication with team.
11. After 5 minutes of play teacher to blow the whistle to stop. Team with the fewest players in jail wins.

YR 2 Extension: Rotate teams around to play each other

Teacher to reward children with good underarm throwing/rolling technique.

Safety: Teacher can add a rule: if players hit anyone above the waist they are "out". Use mats in the middle.



COOL DOWN

Teacher to repeat the warm up Bridge game. This time children to move around area (jog slowly, walking, tiptoeing).

PLENARY

What did you enjoy about the lesson? What is important when throwing the ball underarm?