

ATHLETICS LESSON 4

Learning Intention : *How can you throw?*

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

EARLY YEARS

Resources:

Cones, hoops
bean bags

WARM UP: Feeding the fish

Negotiate Space

Children jog around in the space with a bean bag. Teacher calls "feed the fish". The children then run to a hoop and throw the bean bag into it, imagining they are feeding the fish. They then pick up their bean bag and find another hoop. Repeat this until children are warmed up.

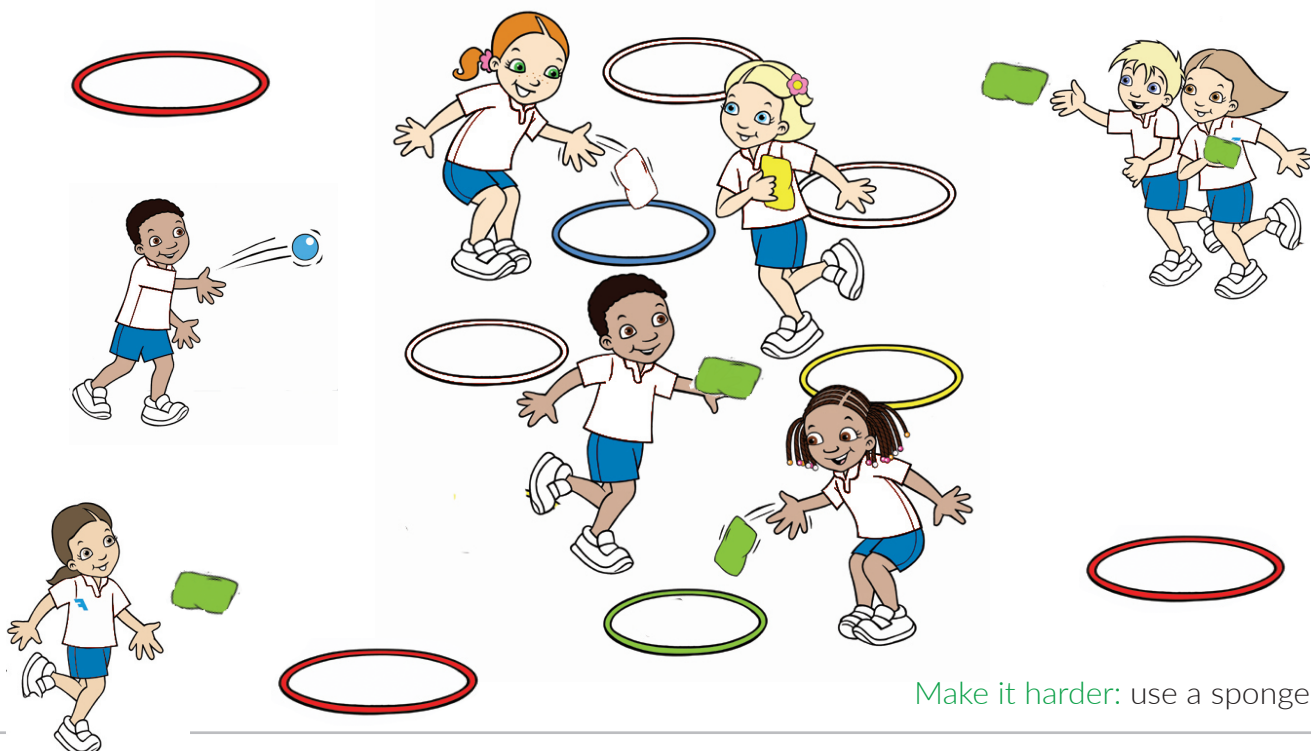
Safety: Children watch out for each other when they pick up the bean bag. Make sure they throw the bean bags carefully. Progress check.



ACTIVITY 1: Feeding fish fun

- Move energetically- Running
- Negotiate Space
- Demonstrate co-ordination

Same set-up as the warm up.
Children to think about different ways they can feed the fish.
Can they throw the bean bag underarm?
Can they throw the bean bag overarm?
What can they do to encourage their accuracy?
Can they point to where it goes?



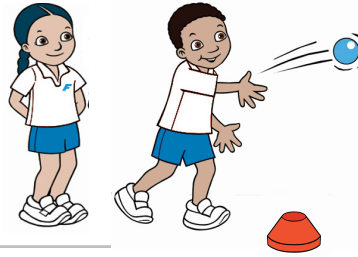
Make it harder: use a sponge ball

ACTIVITY 2: Underarm or overarm?

 Demonstrate co-ordination

Children to line up behind cones in pairs.

1. Children to take it in turns to throw the sponge ball: first time throw it underarm.
2. Now throw it overarm.
Which one goes the furthest?



ACTIVITY 3: Go Fishing

 Demonstrate co-ordination

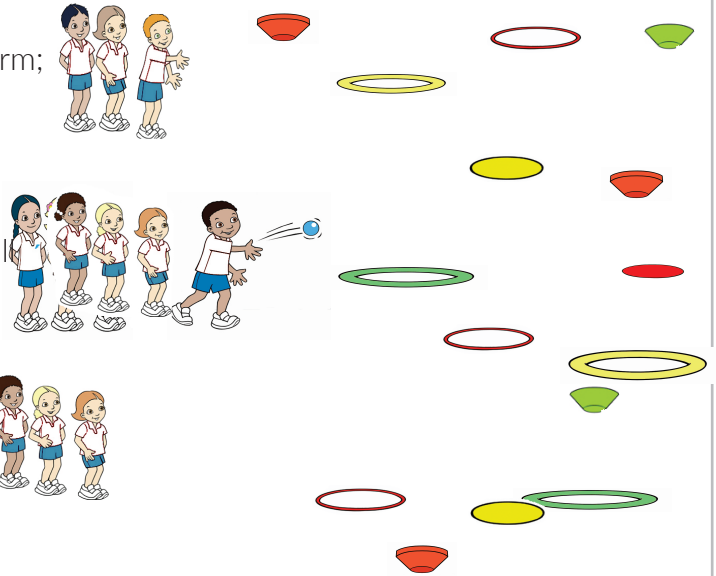
1. Children in teams of 4.
2. Children to think about the best way to throw a sponge ball to win a fish: e.g. for fish (spots, hoops, etc.) that are nearer, throw underarm; and fish (spots, hoops, etc.) that are further, throw overarm.
3. When the ball hits the hoop/spot they can run and collect it.
4. Children to take it in turns and keep going until all the fish have been caught.
5. You can change the object that you throw.

Q & A – How can you throw the ball further?

Overarm: teacher to look at standing position (opposite arm and opposite leg), pointing with other arm and big throw.

Less able: Use throw-down feet.

TP: Remind the children to point other arm in the direction they are throwing.



ACTIVITY 4: Fish Race

 Demonstrate co-ordination

1. Now make the fishing game a race: how many fish can the children win in 3 minutes?

COOL DOWN

Children to jog slowly around in a given area. Teacher to call "fishes" – children are to slowly collect all the fish (equipment) in.

PLENARY

How can you throw an object? What did you enjoy about today's lesson?