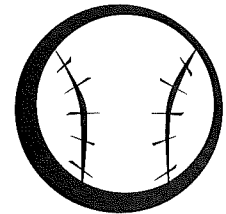


Lesson Objective:

- To develop the movement skills associated with throwing.

Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.
- Hula Hoops, pylon markers.
- Bean bags, foam balls, frisbees, etc.



Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. During activities, make sure students are aware of loose balls rolling around as they are running.

Entry Activity: PYLON RELAY

Six pylons are spread around the gym on the lines bordering the gym to make optimal use of the space. The pylons are numbered. The students will be divided into six groups, one group at each of the pylons. Movements are on paper and stuck to the pylons to remind the students of the required movement.

The teacher demonstrates each movement from pylon to pylon staying on the line. When ready, the students begin the cycle travelling from pylon to pylon doing the movements required at each one. The cycle ends when the students return to their original pylon. No passing allowed! Don't begin to move until the person ahead of you reaches the back of the line at the next pylon.

Marker 1 - walk forward fast and down low

Marker 2 - walk backwards quickly

Marker 3 - run fast

Marker 4 - slide step

Marker 5 - skip step

Marker 6 - hop on one foot

Skill Development:

Teacher should demonstrate for students the proper positioning for throwing a ball overhand and underhand. Have the students stand approx. 3m away from a wall and have them practice throwing different ways. Once they have completed 3 catches, have the students take a step back. The teacher should move around the gym and provide feedback on stance and position.

Game: HOOP TOSS

Students remain in the six teams that they were in for the entry activity. Working around a basketball net or a hula-hoop/ target on the wall, have students line up in front of the target and the game will be to throw the ball or other object of their choice at the target. Points are scored if the ball goes through or hits the inside of the target. One person within the team stays below the hoop to return or chase the object that was thrown. Play the game for a set period of time having a student in the group keeping score at each station. Throwing is at chest level and/or higher.



Cool Down:

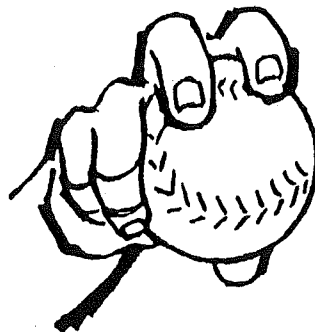
Have students jog around the gym, then walk around the gym forwards, walk around the gym backwards. Once they are done have them sit in a circle with each student demonstrating a different body stretch.

Focus Points: OVERHAND THROWING

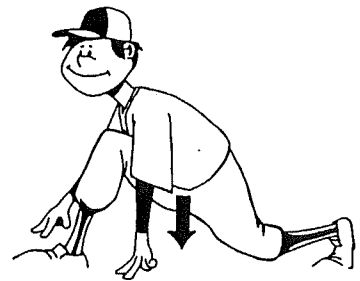
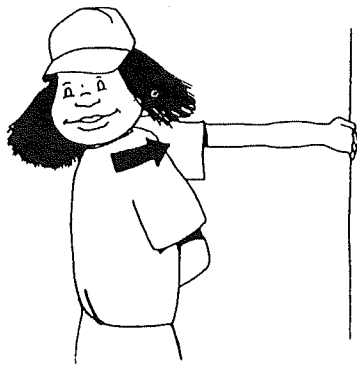
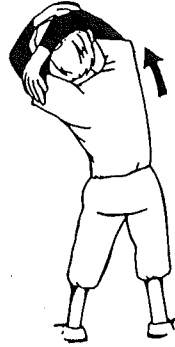
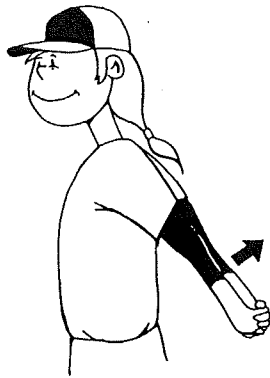
- Grip 2 fingers over the seams of the ball if possible (3 fingers are acceptable for smaller hands)
- Throwing hand thumb should be pointing down; hand and elbow high
- Full arm extension on release of ball
- Step towards target
- Push off the back foot

Diagram:

GRIP



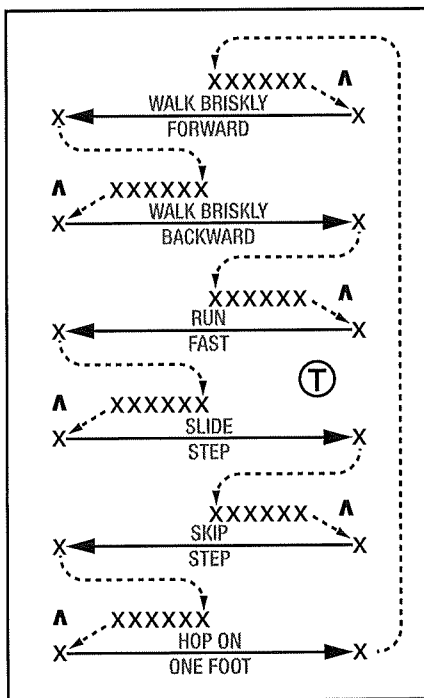
STRETCHING FOR BASEBALL



Diagrams: GRADES 3 & 4 LESSON #1

- Stretch and hold the positions shown - don't bounce or jerk!
- Hold each position for 15 seconds, then relax and move on to the next exercise.
- As you progress, hold the positions longer (up to 30 seconds) and add more repetitions (do two or three of each exercise).

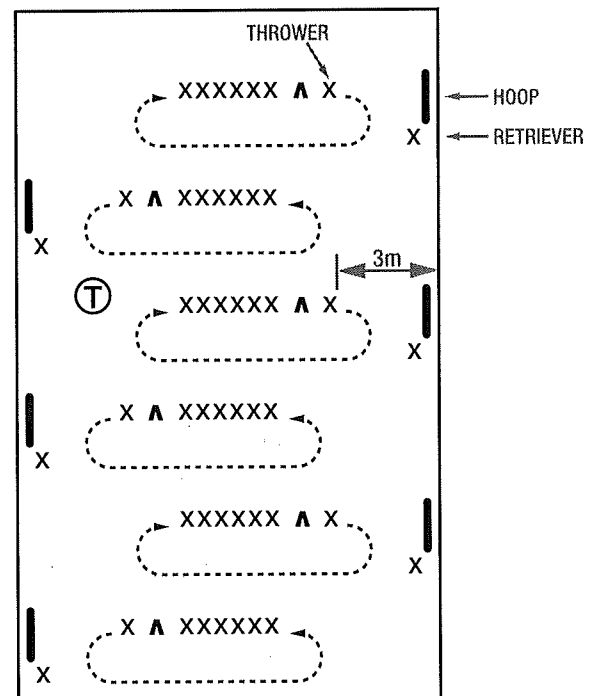
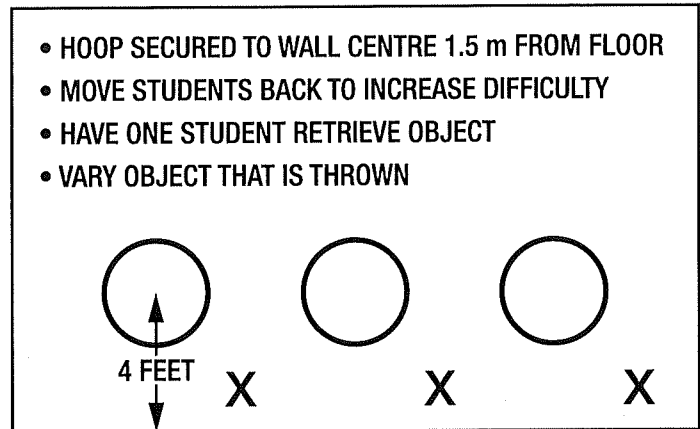
PYLON RELAY



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ▲ PYLONS
- X HOOPS
- DIRECTION OF MOVEMENT

HOOP TOSS

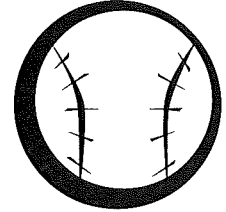


Lesson Objective:

- To develop accurate throwing skills through group and solo activity.

Equipment Required:

- 1 ball (foam ball, wiffle ball, etc.) for each student.
- 2 large beach balls.
- Pylon markers.
- Various throwing objects (bean bags, frisbees, foam balls, playground balls) – three per station.



Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. During game activity, instruct students to throw the balls at the target only and not at other students. When students retrieve balls make sure they are careful not to be hit.

Entry Activity: CIRCUS CATCH

The students are each given a light large ball. Each student should practice throwing the ball high in the air and completing a body movement like clapping, crow hopping, spinning, hopping on one foot or a combination of different movements and then catching the ball.

Skill Development:

Teacher should demonstrate for students the proper positioning for catching high and low balls. Have the students practice in groups of 3 or 4 throwing and catching to each other, focusing on proper execution (see focus points). The teacher should move around the gym and provide feedback on stance and position.

Game: WIPEOUT

2 Large beach balls are positioned in the centre of the gym. The class is divided into 2 groups. Each group is positioned on opposite end lines designated by cones at least 10 m from the centre of gym. For each team designate one ball retriever to toss the balls back to their team from centre court. Each student should have a foam ball or another soft ball to use. Each group stands side by side behind their end line. The object of the game is to force the beach balls to cross the opposing teams end line.

This will be accomplished by throwing the foam balls at the beach balls to direct its path to the opposite end line. Students may not step over the end line to throw balls. They may not use any body part to prevent a ball from crossing their end line. Each time a beach ball passes over the end line, a point is scored.

Cool Down:

Students get a partner and face each other. Position partners so partner A can see the teacher and partner B cannot. The teacher will demonstrate body stretches focusing on arms. Partner A must do what the teacher is doing and partner B must follow what A is doing. Partners will switch positions at halfway point.

Focus Points: RECEIVING

- Thumbs together, palms facing out for high balls.
- Little fingers together, palms facing out, for low balls.
- Arms should be extended in front of the body ready to catch.
- Bring the ball into the body (give with the ball - soft hands).

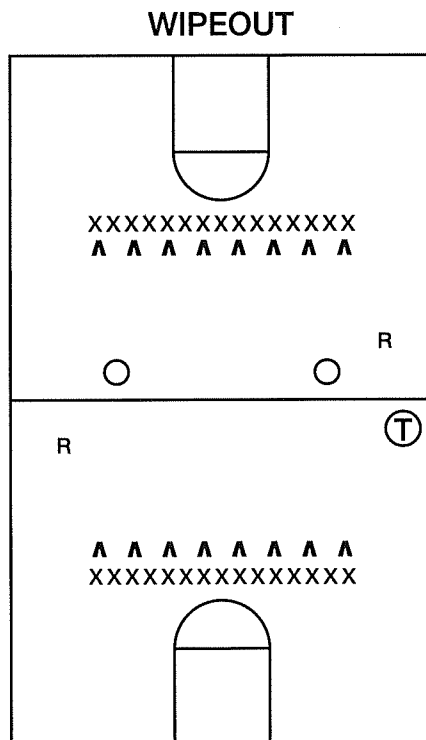
OVERHAND THROWING (from Lesson #1)

- Grip 2 fingers over the seams of the ball if possible (3 fingers are acceptable for smaller hands).
- Throwing hand thumb should be pointing down; hand and elbow high.
- Full arm extension on release of ball.
- Step towards target.
- Push off the back foot.

Diagram:

LEGEND

- X STUDENTS
- Ⓣ TEACHER
- R RETRIEVER
- ▲ PYLONS
- BIG BALLS

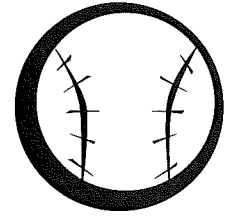


Lesson Objective:

- To develop the skills associated with catching ground balls.

Equipment Required:

- 1 soft ball (foam ball, wiffle ball, etc.) for each student.
- 4 large balls, volleyball, etc.



Safety Considerations:

Check playing area for any hazards. Make sure students are dressed properly for active movement. When fielding ground balls make sure students keep their fingers pointing down. Use soft foam balls until students get used to the movement.

Entry Activity:

Have students jogging around the gym and when the teacher blows a whistle the students stop and have to bounce and catch the ball using different actions (standing tall, crouching low, through one leg, etc.). The teacher will specify what activity the students will perform on each whistle.

Skill Development:

Teacher should demonstrate for students the proper positioning for fielding ground balls. Have the students practice in pairs, rolling the ball to each other and fielding the ball. Make sure they focus on the proper execution (see focus points). The teacher should move around the gym and provide feedback on stance and position.

Game: CIRCLE BALL

a) Divide class into groups of 8-10 students. Each group forms a circle standing with their feet wide apart touching the foot of the other person. Students bend over and clasp their hands together like an elephant's trunk. A large ball may be used for this activity. The ball is moved around the circle by swinging the trunk (arms) to keep the ball from going between a person's legs.

b) Remain in the circle from above, except one student who is in the centre of the circle. (Try using different size balls. Smaller balls will make it more difficult.) The centre player tries to roll the ball between the circle players' legs. The circle players use their legs and hands to try to stop the ball from going through as in fielding ground balls. Once the ball goes through a player's legs, that person exchanges places with the person in the centre. Try to give the students enough time so everyone has a chance to be in the middle. If the circle is taking a long time, ask them to switch.

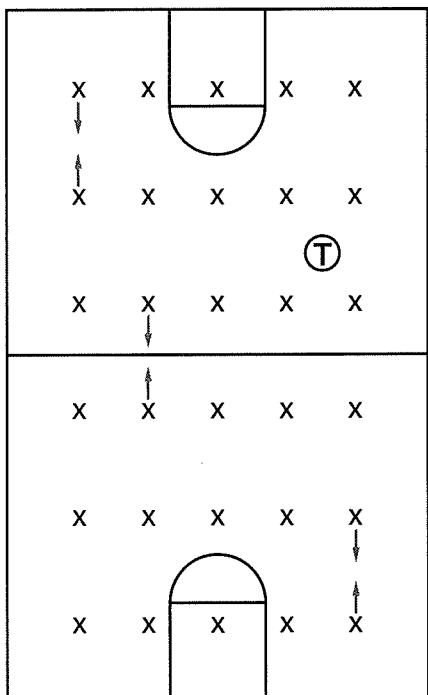
Cool Down:

Have the students walk around the gym and at every line they come to, have them put their feet together, then crouch down low, stand back up and continue walking. Once they have completed one lap have the students get a partner and face each other sitting on the floor with their legs stretched out in front of them. Each pair should have a ball. Have the one student roll the ball to his/her partner and when he/she has released the ball, touch his/her toes and hold the stretch for 10 seconds. The partner that receives the ball must hold the ball high over his/her head and stretch holding it for 10 seconds. The partner with the ball then rolls it back and they switch roles. Have the students do this activity 5 times.

Focus Points: FIELDING GROUND BALLS

- Keep feet shoulder width apart with weight on the balls of the feet.
- Bend knees and hips so the back is parallel to the ground. Keep hands down and slightly forward, just touching the ground with the palms up.
- Keep the head down and watch the ball all the way to hands.
- Bring the ball into the middle of the body.
- Field ball directly in front of body if possible.

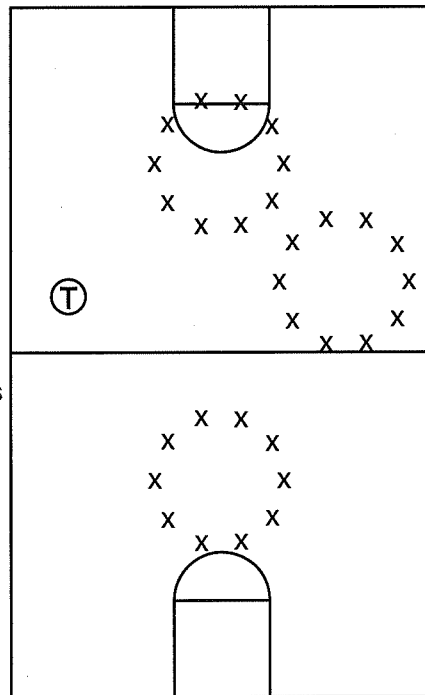
Diagrams: FIELDING GROUND BALLS



ROLLING, BOUNCING SOFT
BALLS TO EACH OTHER
EMPHASIZING TECHNIQUE
(SEE FOCUS POINTS)

ELEPHANT
BALL
&
CIRCLE
BALL

USE VARIOUS
SIZES
OF BALLS



LEGEND

- X STUDENTS
- Ⓣ TEACHER
- ↓ DIRECTION OF BALL