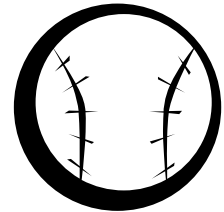


Lesson Objective:

- To develop the skills associated with throwing during group activity.
- To foster team co-operation and fair play.

Equipment Required:

- 1 ball for each pair of students.



Safety Considerations:

Check playing surface for any hazards. Make sure students are dressed properly for active movement.

Entry Activity: TRIANGLE TAG

Students get in groups of 5. Three students join hands and form a triangle. One student is inside the triangle and another student is outside the triangle with a ball. The student on the outside tries to tag the student on the inside with the ball as the triangle moves to protect the inside player from getting tagged. Students rotate positions after every minute.

Skill Development:

Teacher should demonstrate proper grip on the ball. Two fingers on top, thumb underneath. Have students stand 1m from the wall and just using hand action, flick the ball at the wall. Emphasize the wrist action and NO ARM action. Move students 3m from wall and have students hold throwing arm with a right angle at the elbow. Elbow at shoulder height. Student faces wall directly and throws ball at the wall using arm action starting from 90° set up. Remember wrists flick at the end. Finally, move student 10m from the wall. Have student rotate body, take arm back with elbow high and step towards wall with non-throwing foot and throw the ball with follow through.

Game: OSTRICH BALL

Students split into groups of 10. The group then splits into 2 teams of 5 players. The gym is divided into 3 sections playing cross-court. Four players from each team scatter on their side of the court. The other player from each team stands on the opposite end of the court behind the players of the opposing team and becomes the ostrich. Each team tries to pass the ball to its ostrich, while the other team can try to intercept the pass. If the ostrich catches the ball, that team gets two points. If the opposing team intercepts the ball, it gets one point. Once the throw is made, the multi-team tries to throw ball to its ostrich. Game goes on back and forth.

Cool Down: STRETCHING SIMON

Students spread out around the gym in viewing distance of the teacher. The teacher plays Simon Says but focuses only on stretching exercises. If someone does an activity that Simon doesn't say, that student must quickly run once around the gym and then come back to join the group.

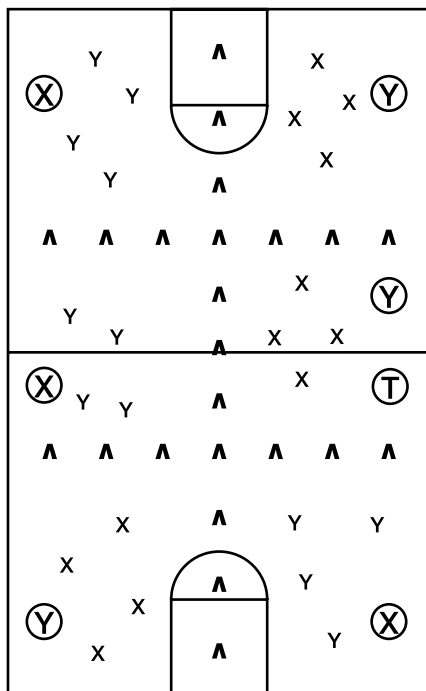
Teachers should focus on holding stretches and stretching arms and legs.

Focus Points: THROWING

- Review basic fundamentals.
- 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.

Diagrams:

OSTRICH BALL



OBJECT IS FOR X'S TO SET THE BALL TO ⊗
 Y'S TRY TO INTERCEPT THEN Y'S TRY
 TO GET BALL TO ⊙
 X'S TRY TO INTERCEPT
 NO STUDENT MAY CROSS OVER PYLONS

LEGEND

- X - Y STUDENTS
- Ⓣ TEACHER
- ⊗ ⊙ OSTRICHES
- ▲ PYLONS