



**THROWING - BEGINNER**

**Equipment**

At least 16 bean bags, 20 pylons, 1 foam ball per team, 1 hula hoop per team, checklist, pen/pencil

**Safety Issues**

To prevent injury, kids should maintain a safe distance of at least 3 feet from the thrower. Also, kids should only throw and retrieve the balls on instructor commands.

**Objectives**

At the end of the lesson plan, kids will:

1. Understand why accuracy is important to throwing
2. Demonstrate correct grip for throwing
3. Demonstrate correct overhand throwing technique

**Standards**

To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: [California](#), [Florida](#), [Georgia](#), [Illinois](#), [Michigan](#), [North Carolina](#), [New Jersey](#), [New York](#), [Pennsylvania](#), [Texas](#), and [Virginia](#).

**Introduction**

Q: What is the object of throwing events?  
 A: To throw an object as far as possible.

Q: What parts of your body do you think are important to throwing far and why?  
 A: Arms – generate velocity for distance, Hand – holds and releases the throwing object for accuracy, Head – focuses on the throwing area, Legs – generate power for throw.

In today’s lesson, we are going to learn:

1. Why accuracy is important to throwing
2. Correct grip for throwing
3. Correct overhand throwing technique

**Warm Up**

Skipping Warm Up

1. Instruct all kids to line up on the start line.
2. Kids have to skip from start line to finish line, approximately 30 feet apart.
3. Kids should do 6 repetitions, moving their arms a different way each time:
  - Sideways, up and down, forward circles, backward circles, arms swinging together, arms in opposition

**Skills**

1. Accuracy is important for throwing events because the throwing field has designated areas for throwing the ball. If a throw goes out of bounds, it can be disqualified.



2. Think about how hard it would be to throw for accuracy if you had to throw a ball without gripping the ball firmly. Demonstrate how awkward it is to throw the ball by cupping it with a loose grip. Also, think about which arm you use to throw. Are you more accurate when throwing with your dominate hand than your other hand? It is important to experiment throwing overhand with both hands, and different grips can help you determine what is best for you.
3. Correct grip has several key features:
  - a. Finger Placement – fingers should grip the ball firmly using threads, if applicable.
4. Correct overhand throw features:
  - a. Body Position – Body should be balanced and stable, with the opposite side of the throwing arm facing the throwing area.
  - b. Arms – Throwing arm should be back, so your hand is behind your head.
  - c. Legs – The leg opposite your throwing arm should be forward.
  - d. Follow Through – After you release the ball, the throwing hand points in the direction of the ball.

**Drill**

**Accuracy Drill**

1. Divide students into small teams.
2. Set up a throwing line, a waiting line, and row of hula hoop targets.
3. Have each team line up single file behind their pylon, facing the hula hoops.
4. The first student in line should remain at the pylon, while the rest of the kids should stand at least 3 feet back from the thrower.
5. On the instructor's command, the kids should throw the bean bag into the hula hoop using the appropriate grip and arm action.
6. When the thrower has taken two turns, he or she must return to the end of the line.
7. The next kid in line becomes the thrower.
8. Repeat for three rotations.

**FUNDamental**

**Foam Ball Toss**

1. Divide the kids into teams of two.
2. Have the pairs line up across from each other, forming two lines facing each other.
3. Have one of the kids from each pair throw the ball to the other using the softball throw technique. The receiving kid must catch the ball.
4. After each kid has successfully thrown and caught the ball, he/she must step backward to the next pylon before throwing again.
5. If a team misses a catch or does not use the proper softball throw, the team is disqualified.
6. The last pair remaining wins the game.

**Cool Down**

**Pairs Stretching**

1. Divide kids into pairs.
2. Kids should sit on the ground, back to back.
3. Kids should lock elbows.
4. One kid pulls forward, while the other stretches.
5. Arms should be vertical, and pull forward.
6. Repeat so each kid gets 4 stretches.

### **Conclusion**

Q: What other sports do you play that require overhand throwing?

A: Football, baseball, softball, and basketball.

Q: When you have to throw, what are you going to do to make sure your throw will go far and be accurate?

A: Finger Placement – fingers should grip the ball firmly using threads; Body Position – body should be balanced and stable, with the opposite side forward; Arms – throwing arm should be back; Legs – opposite leg should be forward; Follow Through – the throwing hand points in the direction of the ball.

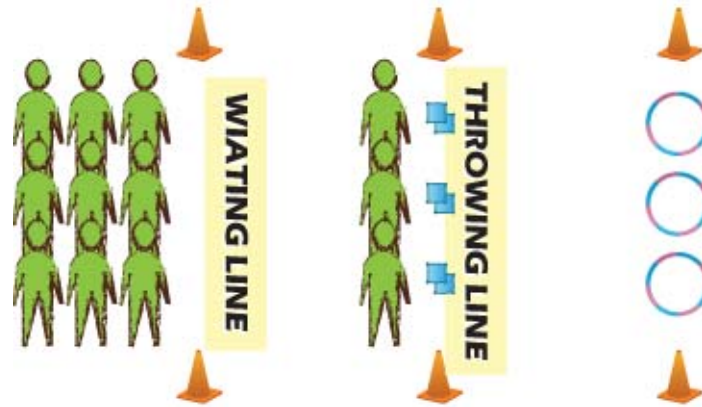
### **Assessment**

Checklist

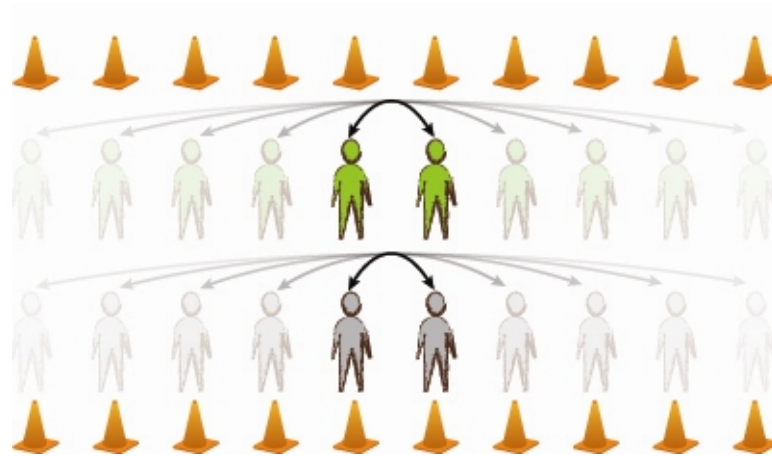
1. Finger placement
2. Opposite body position
3. Throwing arm back
4. Opposite leg forward
5. Follow through



**Set Up Diagrams  
Accuracy Drill**



**Foam Ball Toss FUNdamental**





Throwing – Beginner Checklist						
Group _____			Date _____			
Name	Finger Placement	Opposite Body Position	Throwing Arm Back	Opposite Leg Forward	Follow Through	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
<b>Group Average</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	