



THROWING - INTERMEDIATE	
Equipment	
Two dodge balls per team, 8 pylons, 1 bean bag per kid, checklist, pen/pencil	
Safety Issues	
To prevent injury, kids should maintain a safe distance of at least three 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: <ol style="list-style-type: none"> 1. Understand why the approach is important to throwing 2. Demonstrate correct approach form 	
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	
<p>In the last throwing lesson, we learned how important the grip is to throwing. We also looked at the correct way to throw overhand. Today we are going to build on these skills and focus more on the approach.</p> <p>Q: Who would like to guess what an approach is? A: An approach is when you can take a few steps up to the throwing line before you have to release the object.</p> <p>In today's lesson, we are going to learn: <ol style="list-style-type: none"> 1. Why the approach is important to throwing 2. The correct approach form </p>	
Warm Up	
<p>Throw and Catch Warm Up</p> <ol style="list-style-type: none"> 1. Provide each kid with a bean bag. 2. Instruct the kids to toss the ball up in the air and catch it with one hand. 3. Then the kids should practice catching with two hands. 4. On instructor's command, they should practice from various positions. <ul style="list-style-type: none"> • Sitting, kneeling, lying on back, and standing 	
Skills	
<ol style="list-style-type: none"> 1. The approach is an important part of throwing because it can help generate more power in the throw. This means that the ball goes faster and farther. Think about how much farther you can throw if you are able to take a short approach before releasing the ball. 2. Correct approach form has several key features: 	



- a. Number of steps – You should approach using 2 to 3 steps.
- b. Distance to the line – Approach should stop just short of the throw line, crossing the line results in a penalty or disqualification.
- c. Hips – End approach and initiate throw with a forward drive of the throwing hip.
- d. Body Position – Rotate body position, bringing throwing arm and leg forward.

Drill

Rubber Ball Drill

1. Divide students into small teams and give each team a dodge ball.
2. Have each team line up single file behind their pylon, across the width of the playing area.
3. The first student in line should take two to three steps back from the throwing line, while the rest of the kids should stand at least 3 feet back from the thrower.
4. On the instructor's command, the kids should throw the rubber ball using a two-to-three step approach, without crossing the throwing line.
5. When the thrower has taken their turn, they must return to the end of the line.
6. The next student in line must retrieve the thrown ball and return to the throwing line to become the next thrower.
7. Repeat for three rotations.

FUNdamental

Long Distance Dodge Ball

1. Divide the kids into two teams.
2. Each team gets a dodge ball to start and must throw it at the opposite team.
3. If a player gets hit by the ball, he/she is out of the game.
4. If a player catches the ball, the thrower is out of the game.
5. Catches and hits are allowed on no-bounce and single-bounce throws.
6. The team that gets all of the other team's players out first wins.

Cool Down

Wall to Wall Cool Down

1. Instruct kids to run to one wall of the gym.
2. Then skip to the second wall.
3. Then hop to the third wall.
4. Finally, the kids should walk to the fourth wall of the gym.

Conclusion

Q: Why is it important to use the correct approach when throwing?
 A: The ball will go faster and farther; you won't get disqualified for crossing the throwing line.

Q: In what other sports can you use these approach techniques and when?
 A: Football – being the quarterback and throwing to receivers; Softball – playing in the outfield and throwing the ball to another player; Basketball – throwing the ball down the court; Soccer – throwing the ball back into play.

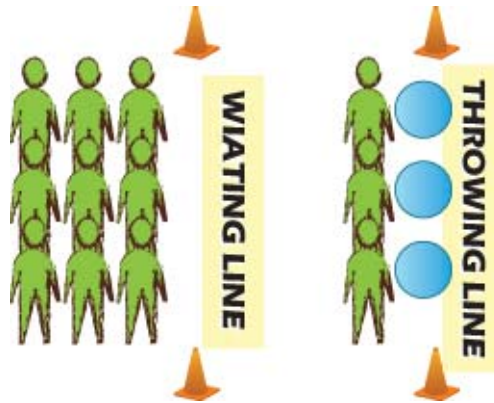


Assessment
Checklist
<ol style="list-style-type: none">1. 2-to-3 step approach2. Toe short of the line3. Forward drive of throwing hip4. Rotate body position

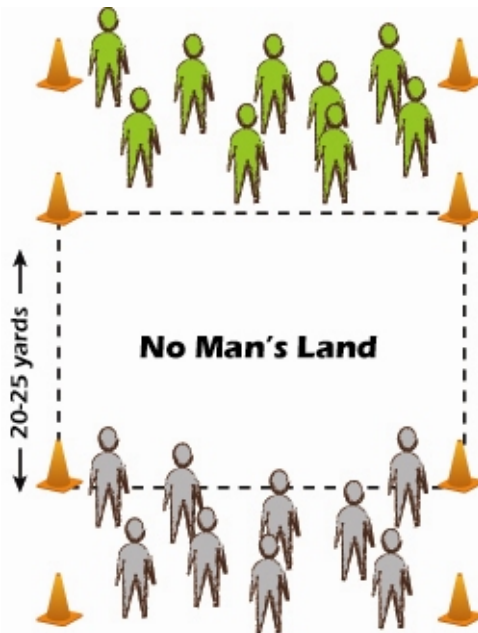


Set Up Diagrams

Rubber Ball Drill



Long Distance Dodge Ball FUNdamental





Throwing – Intermediate Checklist					
Group _____			Date _____		
Name	2-to-3 Step Approach	Toe Short of the Line	Forward Hip Drive	Rotate Body Position	Total
1.	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.	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	
5.	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	
7.	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	
9.	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	
11.	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	
13.	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	
15.	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	
17.	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	
19.	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	
21.	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	
23.	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	
25.	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	
27.	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	
29.	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	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

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	