

## FOCUS➤

### Subfocus➤

## THROWING UNDERHAND

### Movement Concepts, Partner Relationships

#### *Grades 3-5*

#### Standard 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

#### Grade-Level Outcomes

- Throws underhand to a partner or target with reasonable accuracy (S1.E13.3)
- Applies skill (S1.E13.4)
- Throws underhand using a mature pattern in nondynamic environments (closed skills) with different sizes and types of objects (S1.E13.5a)
- Throws underhand to a large target with accuracy (S1.E13.5b)

At the end of grade 2, students should be able to demonstrate the critical elements of the underhand throwing pattern. According to the scope and sequence suggested in *National Standards & Grade Level Outcomes for K-12 Physical Education* (SHAPE America, 2014), students in grade 3 have left the emerging stage and entered the maturing stage for the underhand throw. In grades 3 through 5, students should continue to be engaged in practice experiences in which they can refine the underhand throw. These practice experiences are usually embedded in other lessons.

The following are sample underhand throwing experiences appropriate for students in grades 3 through 5:

- Into targets (hoops, crates, boxes)
- To partners
- At wall targets
- At a wall with force (as if pitching a softball)
- To a batter
- To a partner who is striking with a paddle or small tennis racquet
- Rolling to hit objects such as in bowling, bocce, or other target games
- Specific skills such as “pitch out” in a keep-away game (using different sizes and types of balls)