

## FOCUS►

### Subfocus►

## THROWING OVERHAND

### Force

### *Grades 2-4*

#### Standard 1

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

#### Grade-Level Outcomes

- Throws overhand demonstrating two of the five critical elements of a mature pattern (S1.E14.2)
- Throws overhand demonstrating three of the five critical elements of a mature pattern in nondynamic environments (closed skills) for distance and/or force (S1.E14.3)
- Throws overhand using a mature pattern in nondynamic environments (closed skills) (S1.E14.4a)

#### Critical Elements for Throwing (Overhand Pattern)

- Hip and spine rotate side to target in preparation for throwing action.
- Arm back and extended, and elbow at shoulder height or slightly above in preparation for action; elbow leads.
- Step with opposite foot as throwing arm moves forward.
- Hip and spine rotate as throwing action is executed.
- Follow through toward target and across body.

#### Lesson Objectives

The learner will:

- Throw a ball with an overhand throwing action
- Throw an object for distance or force with an overhand throwing action starting side to target, stepping with opposition (grade 2)
- Throw an object for distance or force with an overhand throwing action starting side to target, stepping with opposition, attempting to use proper arm action (grade 3)
- Throw an object for distance or force with an overhand throwing action using hip and spine rotation, arm back in preparation, stepping with opposition, rotating hip and spine as throw is executed (grade 4)

#### Safety Concern

Ensure that spacing is adequate for throwing and retrieving equipment.

#### Materials and Equipment

- Small-size limited-bounce balls (indoor softballs, Wiffle balls, or similar), one per student
- Fleece or no-bounce balls, one per student
- Large wall targets (paper is best to add the “pop” sound)
- For outdoor tasks, one bucket or crate of 8 to 10 old tennis balls, three beanbags or three marker cones for each group

#### Introduction

*Previously, you learned to throw underhand. Today, you will practice using an overhand pattern. The skill is used in many games and sports for distance, force, and accuracy. Some games use throwing to people, and other games require throwing at goals or targets. Today, you will practice throwing with force—learning how arms, legs, and trunk work together to create a really good throw.*

### **LEARNING EXPERIENCE: THROWING OVERHAND FOR DISTANCE**

The focus is on starting side to target and stepping with opposition. Using a fleece ball or no-bounce ball, students throw overhand from behind one boundary line, stepping with the opposite foot. (Remind students to retrieve and wait for the next signal to throw.)

- Students continue practice with focus on starting side to target, placing feet shoulder-width apart, and then stepping with opposition.
- Grade 4: Students start by facing the target and then rotate hip and spine into side-to-target position.
- Have students increase distance of the throw, focusing on having the arm way back in preparation.
- Grade 4: Students focus on combining the twist with having the arm back.

### **LEARNING EXPERIENCE: THROWING OVERHAND FOR FORCE**

The focus is on stepping with opposition, with the arm way back. Using a limited-bounce ball (indoor softballs, Wiffle balls, or similar), students throw hard against the wall from a distance of approximately 15 feet (4.5 m). (Use tape or spots on floor for starting lines).

Space limitations may require this to be done with partners or groups of three.

- Students repeat tasks, throwing at large paper targets, focusing on force.

#### **Peer Assessment**

Evaluating partner stands beside thrower for good observation.

- Grades 2, 3: Give 1 point for arm way back and 1 point for hitting the target.
- Grade 4: Give 1 point for hip and spine rotation and 1 point for hitting the target.

Note: Present the next critical element only after you observe success at the critical element that has been the focus of the students' practice. This lesson has presented all the critical elements leading to a mature pattern for the overhand throw. Students will not master overhand throwing in a single lesson. A series of lessons and distributed practice throughout the year are necessary for student success.

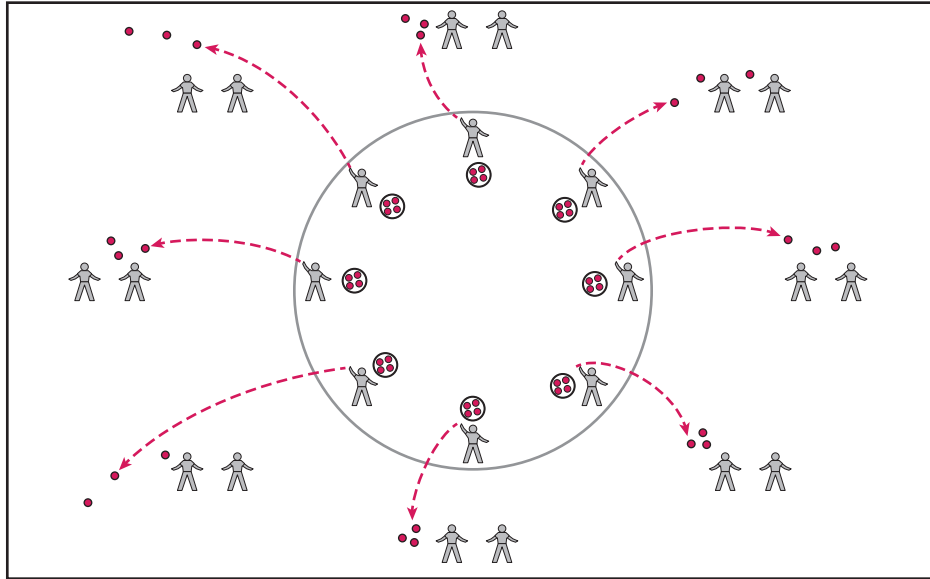
### **LEARNING EXPERIENCE: DISTANCE THROW (OUTDOORS, GRADES 3 AND 4)**

The focus is on the rotation of hip and spine for preparation and execution, and arm back and extended. Divide the class into groups of three. Each group needs a bucket or crate of 8 to 10 tennis balls, three beanbags, or three small marking cones (see diagram). One student is the thrower (with the bucket or crate of balls); the other two are positioned "in the field." Fielder 1 collects the balls and places them in another container or location; fielder 2 uses beanbags or marking cones to mark the farthest throw.

- Students throw the balls for distance, increasing the distance with each throw and trying to set a personal best.

Cues: *Face the field. Twist into side to target. Take arm way back. Step or "crow hop" before throwing.*

If space allows, students can work independently in their groups and rotate roles after all balls have been thrown. If space is a concern, students throw on your signal.



## Assessment

- Peers evaluate the critical element that is the focus of the task.
- Exit slip (grades 3, 4): What is the purpose of the hip and spine rotation in the overhand throwing pattern for force or distance?

## Closure

- What skill did we focus on today?
- How is it similar to the underhand pattern?
- Watch me throw and see whether you can tell me what I need to keep practicing. (Vary the critical element observation for grades 2, 3, and 4 based on Grade-Level Outcomes.)
- Throwing for distance and force takes lots of practice. Find a ball and a place at home or at recess to practice.

## Reflection

- Are students demonstrating opposition when they throw overhand? Are they stepping with opposition at they throw (grades 3, 4)?
- Grade 2: Do they stand side to target in preparation for throwing?
- Grade 3: Are some students beginning to use the rotation of the hips and spine into the side-to-target preparation position and again in executing the throw?
- Grade 4: Are most students using the rotation of the hips and spine into the side-to-target preparation position and again in executing the throw?
- Is the arm going back with the elbow at shoulder height or slightly above in preparation for throw action, and is the elbow leading the execution of the throw?