

**LESSON PLAN**  
**Department of Exercise and Sport Sciences**  
**Manchester College**

Teacher: Mr. Leffel Date 10/1/09 Time Period 1:25-2pm Students 17 Grade/Developmental Level K-1/1 Lesson Focus Underhand Toss Teaching Style Task/Command

**Standards:** 1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. 2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. 5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Performance Objectives**

C: TSW understand the class rule by touching their ears when I touch my ears and quickly giving me their attention.

A: TSW demonstrate safety by spreading out during the activities.

P: TSW successfully complete the underhand roll, from my observation, by correctly rolling a ball to me twice. TSW be able to complete the underhand toss with a bean bag at a medium release point 1 out of 2 times. TSW show an understanding of the different release points for the underhand toss by tossing their bean bag at different targets that are at higher and lower heights.

**Equipment/Materials**

**17 bean bags, 17 balls, 4 crates, 1 cornhole set (I will provide), 2 trash cans**

**Skill Development**

Instant Activity: Station 1- Paddle Ball, Station 2-Throw and Catch, Station 3- Keep it up, Station 4- Rope Jumping, Station 5- Hoopla, Station 6- Switchaa Roo

Fitness Activity: Animal Movements with Stretching Activities

1. Crab Walk 30 secs
2. Stretching: Left arm over head, bending to right side
3. Worm Walk 30 secs (pull themselves across the floor with arms)
4. Stretching: Right arm over head, bending to left side
5. Frog Jump 30 secs
6. Stretching: Legs spread out, arms touch floor in the middle and to each side.
7. Bear Crawl 30 secs
8. Stretching: Butterflies
9. Lunges 30 secs (knees touch the floor)
10. Stretching: Neck rotations

\*Have students meet in the middle circle.

Introduction/Set Induction

*1. Discuss class rule...when I touch my ears, everyone must touch their ears as well and be ready to listen and pay attention.*

*Today we are going to learn the underhand toss and three different ways to complete the underhand toss. This kind of skill can come in very handy when something needs to be tossed softly to someone or sometimes when something needs to be thrown up very high into the air. I use this skill when I play the game cornhole and use bean bags...has anyone ever heard of cornhole? Well today we are going to eventually play with bean bags, but first we need to review what we learned last week.*

### Review: The underhand roll... who remembers how to do this? (demonstration)

- Step forward with the foot opposite to the throwing hand
- Generate a backswing with the throwing arm, holding ball below the waist.
- Release the ball on the follow through, below the waist, in front of the body at the end of stepping forward motion.

Individual practice: Everyone will get up, grab a ball out of the bag, and then spread out across the 3-point arc on the basketball court (girl,boy). Everyone will complete the motion a couple times and then I will give the command to roll the ball to me at the same time under the basketball hoop.

### Introduce New Skill

**Explanation/Demonstration:** *The underhand toss is very similar to the underhand roll, but this time the object will be tossed into the air before it touches the ground. One of the most important parts in this toss is the release point.*

**Learning cues:**

1. Stand with feet together and the ball in the throwing hand (hand underneath the ball), brought up near the chest.
2. At the same time: step forward with the foot opposite to the throwing arm. Bring the throwing arm down and behind the body, below the waist (backswing).
3. Now bring the throwing arm back forward and up with a full extension.
4. The release needs to happen just as the opposite foot is landing on the ground. The release depends on how high or low the ball needs to go. \*If the ball needs to go high, release it higher in the forward motion of the arm, if the ball needs to go long and far, release it just above the waist. If the ball needs to go low, release it at the waist or below, but remember it is a toss so it must go into the air first before it hits the ground.

**Guided Practice Activity: Mimetics and Individual** -Everyone will line up on the 3-point arch again (girl, boy).

1. Pretend you:

- a) have to toss a rock over a very tall building *\*don't break any windows!!*
- b) want to toss a tennis ball across the Mississippi River
- c) have to toss an egg onto a bed without breaking it

\*Provide Feedback

2. Get students to the wall, have them face the wall. To get them there, play follow the leader (the teacher) from the arch to the sideline. Keep them in the same line. Then distribute bean bags.

- a) Have the students toss the bean bags *individually* against the wall a couple times. Allow students to continue after you have watched them each.

Watch learning cues:

- feet together, step forward, backswing
- forward swing and release point

\*USE ASSESSMENT RUBRIC HERE

- b) Utilize Movement Concept: Quality of Movement: Force, throw hard against the wall, throw soft against the wall.
- c) Have the students turn around and try to toss their bean bag to the other side of the gym...who can toss it the farthest with the right technique?

\*Provide Feedback

### Group Activity: A combination of cornhole and target practice..

\*4 different sets of 2 targets will be placed on one end of the basketball court. Each set will be placed 6-8 feet apart, along the baseline.

The students will begin in groups of 4, one group for each target station. Each group will start 5 feet away from the target and everyone will toss their bean bag on command at the same time to their own target. Explain the particular area or spot that needs to be hit on each target.

Utilize Movement Concepts:

1. Relationships: over the trash can and in...
2. Spatial Awareness: Spread arms length apart to avoid hitting one another.

-Have students collect their bean bag on command, after everyone has thrown. Each student will throw three times at each station then groups will rotate. If time permits, after each student has been to each station, have them all step back 5 steps.

### Assessment (Form Attached)

### Instructional Adjustments

If students understand the correct techniques for each skill, then their challenge can come during the guided practice and group activity. The challenges will be to step further back from the wall and targets. Create different spots on each target that are harder to hit.

For students who are having trouble with technique, specifically release point, have them watch their own hand the entire time as they release it. This will help them know when to release it during their forward swing.

### **Closure**

*Who had fun today? Can someone stand and show me the motion for the underhand toss? What is one of the most important parts to this skill? (release point). What would happen if I released the ball back here (behind my head)? (Bloom's Taxonomy: Synthesis) Make sure when you get home today, show a friend or family member that you know how to toss a ball underhand!*

### **References**

\* Pangrazi, R. P., & Beighle, A. (2010). *Dynamic physical education for elementary school children* (16th ed.).

San Francisco, CA: Pearson/Benjamin Cummings.

\* Pangrazi, R. P., & Beighle, A. (2007). *Dynamic physical education curriculum guide: Lesson plans for implementation* (15th ed.). San Francisco, CA: Pearson/Benjamin Cummings.

**Assessment Rubric:*****Underhand Toss*****10/1/09***\*2 points for each criteria, 1 point if only half of criteria met, 0 for no criteria met.*

<b><u>Student</u></b>	<b><u>Criteria</u></b> 1. Feet together, step forward (2)	2.Backswing, below waist (2)	3. Forward swing, release point (at belly button), (2)
Isabel David			
Olivia Hutton			
Gabriel Barton			
Noah Callaway			
Ella Pearson			
Tyler Eackright			
Marcus Haynes			
JeremiahHalderman			
Grace Haynes			
Tabitha Harris			
Ethan Haynes			
Jayden Harris			
Quinn Haynes			
Owen Kruschwitz			
Jason McIntyre			
Jackson Perry			
Karissa Cook			