

## LESSON PLAN

**Name:** Mr. Forbes **Date of Lesson:** October 1, 2009 **Number of Students:** 16  
**Subject Area:** Underhand/Overhand Throw **Grade/Development Level:** 2-3 Level II

### **Standards:**

Standard 1- Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

### **Performance Objectives:**

C- Given proper instruction, the students will demonstrate knowledge of the overhand throw by performing proper technique.

A- The students will demonstrate teamwork by working in small groups.

P- Given a ball, the students will overhand throw the ball with proper technique 90% of the time.

### **Equipment/Materials:**

4 empty trash cans, 16 bean bags, 16 paper airplanes, 16 balls

### **Skill Development**

#### **Instant Activity:**

(Refer to PEP Instant Activity Sheet for explanation of stations)

Station 1: Paddle Ball

Station 2: Throw and Catch

Station 3: Keep it Up

Station 4: Rope Jumping

Station 5: Hoopla

Station 6: Switch-a-Roo

#### **Fitness Activity:**

Animal Movements and Fitness Challenges

Play 30 second music intervals for the students to perform the given animal movement. Between animal movement segments, have students do pushups, situps, stretching

activities, and relaxing activities. Give students a chance to name animals they would like to imitate.

### **Introduction/Set Induction:**

Today we are going to review what Ms. Jones taught us last week. Can anyone tell me what we learned last week? We are going to review the overhand throw and then move on to the overhand throw. Has anyone played baseball or softball? Can you show the rest of us how you throw a baseball/softball overhand?

### **Review:**

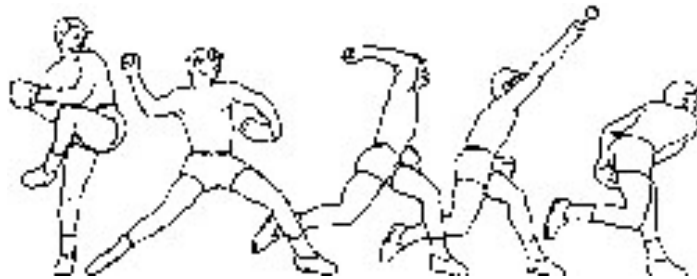
Last week Ms. Jones taught us about the underhand throw. She taught us to reach our dominant hand back and step forward with our opposite foot as we throw.

Have students stay in their teaching huddles and surround their trash can they are assigned. Given bean bags, the students will review the underhand throw by throwing the bean bag into the trash can. Those who are successful may step back to their desired distance. Weather pending, I would like to have this lesson outside for more space.

### **Introduce New Skill**

#### **Explanation/Demonstration:**

For the overhand throw the non-throwing side must be facing the target, opposite foot of throwing hand should step at target, arm bends at elbow, and the elbow should lead the throw. Arm should reach way back behind the body.



#### **Guided Practice Activity:**

Outside, the students would stay in their teaching huddles for a small group activity. The group would line up facing the side of the PERC, approximately 20 feet away from the PERC. First person up will take 3 giant steps towards the PERC to create space between he/she and the rest of the group. When given permission, the student will throw the ball against the PERC wall with proper form. After everyone has completed this twice, the last session I will allow the students to see how high they can throw the ball along the PERC wall.

#### **Group Activity:**

16 paper airplanes will be premade for this activity. Each student will be given a paper airplane and will spread out on the grass. When I give them permission, I will allow the

students to throw the paper airplanes as far as they can. After a few minutes of this, I will stop the students and have them try to throw the airplanes as high as they can. This activity will help make perfect overhand throw form.

**Instructional Adjustments:**

For the underhand review, students will be allowed to move closer or further away from the trash can depending on succession. For the overhand throw, students will be allowed to throw the ball as high as they can, those who are advanced can throw it higher and those who aren't will not.

**Closure:**

Can anyone tell me what we learned today? Can you demonstrate a good overhand throw? This type of throw will be used in baseball or softball if some of you choose to play that in a few years. Next week when we return we will be able to move around a little more because we are going to learn how to jump and hop.

**References:**

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

Gauthier, S. (2001, September 22). *K-2 Lesson Plan Ideas*. Retrieved September 24, 2009, from PE Central: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=344>