

## Having a Ball

### Equipment

- > Variety of balls – large, small, sponge, odd-shaped etc.
- > Beanbags.
- > Hoops or cones.
- > Bucket of water.
- > Chalk.

### Fundamental skill

- > Passing.
- > Throwing.

### Achievement objectives

- > Develop a wide range of movement skills. (1B1/2B1)
- > Demonstrate ways of maintaining and enhancing relationships between individuals and within groups. (2C1)

### Learning outcomes

- > Explore and practise basic underarm and over-arm throwing movements using a variety of equipment.
- > Take part in pair and group activities that encourage participation, co-operation and communication by all members.

### Suggested assessment

- > Can students describe the difference between throwing overarm and underarm?
- > Choose one of the above activities and observe the students demonstrating how to position their body to hold the object, ready to throw it.
- > Ask the groups for simple thumb feedback as to how they worked as a group (thumbs up = worked well, thumb horizontal = worked okay, thumb down = could have worked better).
- > Discuss ways they could improve teamwork and co-operation in the future.

### Notes

#### Before this lesson

- > Students would benefit by having some time alone and in pairs experimenting with small balls and then focusing on specific skills involved in underarm and overarm throwing before this lesson.
- > The activities used for this lesson are from *Developing Fundamental Movement Skills* at [www.sportnz.org.nz](http://www.sportnz.org.nz)

### Ways to adapt

- > Frogs – Float another ball in the bucket and see if you can hit it.
- > Sploj – How many throws does it take to hit all numbers in order? Step forward/back more. Draw bigger/smaller targets on the wall.
- > Relays – See *Developing Fundamental Movement Skills* for relays such as Throw and Go Back, Run Out and Throw and Pick Up and Throw.
- > Force Back – The throw is returned from where the retriever catches or stops the ball.
- > Throw a ball with either hand or with both hands, at different speeds, in different body positions and using various apparatus.



## Teaching and learning

- > Discuss activities that involve throwing and the purpose of throwing in an activity or game. Model the activities below. Focus on select skills for each activity (see below).
- > Students work in small groups and explore overarm and underarm throwing using a variety of equipment in a circuit format. Move during the activity circuit, asking questions and giving constructive feedback to further skill development.

### Frogs

- > Groups of four or five spaced round a bucket of water. Each person has a ball.
- > Who can lob their ball into the bucket and make the biggest splash?

### Sploj

- > Groups of two or three in front of each target, each with a ball. Targets can be large shapes with numbers inside drawn on the wall with chalk.
- > Players wet their ball and see what they can score.

### Overarm throw and run relay

- > Teams of three: Pairs line up at each end, numbered off (one and three at one end and two at the other):
  - One throws to two then runs behind two.
  - Two throws to three then runs to three's place.
  - Three throws to one, and so on.

### Force back

- > Evenly matched pairs with a ball facing each other, equal distance from a centre line.
- > One person throws the ball as far as they can towards their partner.
- > The partner notes where the ball landed, retrieves it and throws it back from there. This continues until the stronger thrower has forced the other back to the end of the area.
- > Go back and start again.

## What to look for

- > Underarm throws.
- > Eyes and body face the target.
- > Release the ball at about waist level.
- > Fingers point to target at the end of the release.
- > Long arm swing.
- > Overarm throws.
- > Eyes focused on the target.
- > Drive through hip, shoulder, arm, elbow, wrist, fingers.
- > Step forward onto foot opposite the throwing arm and shift weight onto front foot.
- > Release the ball with other arm pointing in the direction of the throw.

## What next?

Students practise and refine their throwing skills through games such as scatter ball, long ball and underarm golf. Overarm bowling could be a skill to introduce and develop.