

# Throwing and Catching

By – Lenny Goduto

## Standards:

National Standard: 1

NJ Core Curriculum Standard: 2.5

## OBJECTIVES

At the end of the today's lesson, the students will be able to throw an object using the proper technique and will be evaluated by the teacher during the activity drills.

## MATERIALS

Lesson Plan

Whistle

All sizes and types of balls

## Procedure:

### 1. Warm-up/ stretch

- Right over left
- Left over right
- 20 jumping jacks
- 10 push ups
- Jog 2 laps around the gym
- Skip 2 laps around the gym
- Gallop 2 laps around the gym

### 2. Transition

- Have students take a seat on the floor in front of you.

### 3. Introduction:

- “Good morning class, today we are going to work on our dribbling and volleying skills. First, we will talk about dribbling, which is propelling an object downward using our fingertips while keeping our knees bent and is a skill that must be used in order to move up and down a court. In what sport is dribbling most common? (response: basketball) Okay, good! We are going to go over some skills and play some fun games today as long as everyone cooperates and is respectful when I’m giving directions.”

### 4. D&D (demonstration) Activity:

#### **Cues: Throwing**

Describe and demonstrate the cues to the students.

Side to target

- Make sure the side of your body that is away from the hand you are throwing with is toward the wall (if you were walking straight ahead you would walk along the wall, not toward it)

Arm way back

- Bring your arm back so that your elbow is almost above your ear and your hand is behind your head.

Step with opposite foot

- Step forward on the foot opposite the hand you are using to throw.

Follow through

- After you throw, make your arm follow the ball.
- Your hand should end up almost at your knee.

#### **Cues: Catching**

Thumbs together

- If the ball is above your waist, you should catch the ball with your thumbs together.

Pinkies together

- If the ball is below your waist, you should catch the ball with your pinkies together.

### 5. Transition:

- Have the students get into groups of four and find a partner in the group.
- Have one person from each group get a ball
- Have two students in each group line up side to side stretched out along the length of the baseline.

- Have remaining two students in the group sit 10 feet away, opposite their partners.

## 6. Drill: Seated Group Throw (Peer Teaching Part 1)

In this drill, the students will be seated while throwing and catching

This will allow them to concentrate on the following cues:

- Catching with thumbs together (above the waist)
- Arm way back
- Follow through
- Elbow up

The first two students in the group will begin throwing and catching back and forth between each other continuously

The other two students in the group will provide feedback to their partners by reminding them of the correct cues.

Challenges:

- Throw using both hands
- Throw to each other with a high arch
- Throw with non-dominant hand
- Throw from 20 feet away
- Catch with both hands
- Catch with one hand
- Catch with non-dominant hand
- Complete 10 consecutive successful “passes” between partners

## 7. Game “Elimination”

Explain rules:

- “Okay, now we are going to play a fun game where we will practice our throwing and catching skills. This game is a modified dodge ball game.
- There are no teams.
- The point of the game is to hit as many people as you can with the ball and avoid being hit.
- You cannot hit someone in the head; doing so will result in having to sit out.
- If you get hit by the ball, you are out and have to take a seat right there on the floor until the person that got you out is hit out.
- After the first game is played, the previous rule will be modified to: if you get out, you can either sit out and wait for the person who got you out to get hit, or perform seven push-ups to get you back into the game.
- If you catch a ball that is thrown at you, the thrower is out.
- The boundaries are the entire gym”

## 8. Transition

- Have the students lie on the floor in a “dying cockroach” position.
- Throw out small soft balls all throughout the gym.
- Blow the whistle to start the game.

## 9. Game

- Make sure the rules of the game are being followed
- Watch for safety issues
- Give feedback to students

## 10. Transition

- Blow the whistle to stop the game
- Have students take a seat in front of you

## 11. Closure

- Praise students and their behavior and praise them on how well they did the drills and played the “Elimination” game.
- Recap the cues: what are the cues for throwing? Should I kick with my catching?
- Everyone did a great job today being teachers.

## 12. Transition

- Ask students to help you collect all the balls and put them in the ball bag on their way to the locker room.

## **Assessment and Evaluation:**

-Domains: Primary (psychomotor) and Secondary (social)

-When performing assessment: During the “Elimination” game and during the peer teaching activity

-How performing assessment: Observing for proper throwing and catching technique, and observing for proper feedback during peer teaching activity.

## **References:**

Professor Klatt; College of New Jersey

Graham, *Children Moving*

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