

PHYSICAL EDUCATION LESSON STICKER STEP THROWING

EQUIPMENT: One pack of stickers, one beanbag per student, one small utility ball or beanbag per student, targets, and poly spots

FOCUS: Throwing technique, visual tracking, and left-right dexterity

ACTIVITY: (15-18 min.)

Organization: Set up the playing areas, prior to student arrival, by spreading out poly spots on a line about 5-7 feet from a wall. Have the students sit around the middle circle and ask them to raise the hand that they write with. While the students are raising their hand, tell them that you will be placing a sticker on their raised hand and one on their opposite foot. Tell them not to touch the stickers.

Sticker Step Throwing:

To begin, have students stand up and face you. Introduce the overhand throw by having the children mime the action at first; then practice the skill using beanbags and/or small balls.

Next, give students a beanbag and have them stand on a poly spot. Have them put the beanbag in the hand that has the sticker and then put two feet (side-by-side) on the poly spot. The students should turn sideways to the wall (the foot with the sticker closest to the wall). Keep your eyes on the target. Swing your throwing arm back and take your weight on your back foot. Your elbow is bent and level with your shoulder; your throwing hand is near and behind your ear. Whip your throwing arm forward and, at the same time step onto your front foot (the one with the sticker). Follow through with your throwing arm pointing toward the target.

Practice:

- Practice throwing the beanbag up against the wall.
- Repeat, using a small ball. Can you catch the ball in both hands on the first bounce as it comes off the wall?
- One Step: face a partner about three giant steps away. Overhand-throw the beanbag to your partner so that your partner can catch it without moving more than one step. If a catch is dropped, both stay in your place. If you make good catches, you take one step backwards. See how far away from each other you can go and still catch the beanbag.
- Target Challenge: Have the students divide up into 2-3 throwing lines, facing a target (bowling pin, hoop, target on the wall) four giant steps away. Throw your ball to hit the target. Field your ball, and run back to the end of the throwing line.