

Athletic Activities: 'Team High, Team Low'

Objectives

- Practicing throwing from different positions
- Understanding how starting position affect how we apply force to throw.
- To improve precision throwing at targets from different starting positions.

Competencies

- Throwing and precision throwing.

Preparation/organisation

- 7 minutes
- Divide class into 4 groups, ask each group to bring one bench, mark yourself the square (rope, chalk ..., gym mattress), place the hoops.

Duration

- 10-20 minutes (adaptations with different ways of throwing, different positions)

Number of pupils/participants

- 20-30 (all class)

Material/equipment

- Beanbags, soft balls, tennis balls, soft javelins or anything to throw for each pupil; 4 hoops, 4 benches, mattress or other staff to mark the square.

Environment/space

- Sufficient place (big gym), can be played easily outside.

Additional staff

- No need of additional staff, if pupil with special need - can be placed assistant to support

Description

- Define a square with 5 meters sides and place a hoop in each corner. Set up 4 benches parallel to sides of the square app. 10 meters away (distance can be modified).
- The types of position: 1) sitting in front of the bench, 2) sitting on the bench, 3) standing behind the bench, 4) Kneeling in front of the bench.
- Divide the class into 4 groups. Each bench (station) belongs to one group of pupils. Each pupil has a beanbag (soft tennis-ball, soft javelins) and on command throws the beanbag to the square or hoop scoring points: 1 point for square, 3 points for hoop.
- Pupils rotate around the stations on the teacher's command.
- Pupils add up the team scores as they go and throw.
- The activity help pupils understand how different throwing position affect how we apply force to throw.
- This activity can be played outside using marker cones rather than benches.

Variety

- Teacher can change the way of starting throwing position; change ways of throwing - under-head, overhead
- Teacher can change the scoring place (make smaller the square, change the distance)

What happens next?

- Count scores of teams, separate pupils. Announce winners. Make positive feedback.
- Teacher can ask pupils to think about what throwing position is best for precise throwing, for distance throwing. Also questions about how the throwing properties affect throwing are important.
- Ask pupils to think about other ways of passing balls, throwing and catching.

