

1st Grade: Underhand Throw Lesson Plan

Unit: Throwing and Catching

Lesson Focus: Underhand Throw

Guiding Objectives	
Focus Physical Education Standards:	<p>1.10 - Demonstrate the underhand movement (throw) pattern.</p> <p>2.8 - Explain that the point of release influences the direction of a tossed object and of a thrown object.</p>
Common Core State Standards:	<p>SL 1- Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups</p>
Student Learning Objectives:	<p>Students will be able to:</p> <ol style="list-style-type: none"> 1. Throw a ball using the underhand movement pattern. 2. Explain how the point of release influences the direction of a thrown object.
Instruction	
Warm-Up:	<p>Noodle Tag – Designated students tag others using pool noodles. If tagged, students must do 3 frog jumps or 3 star jumps. Pause frequently to make sure everyone is staying within boundaries and being safe in general space. Change taggers often.</p>
Anticipatory Set:	<p>Tie to previous experience: Have you ever tried bowling? Today we are going to practice the underhand movement pattern, just like we use when we are bowling. We can use this same movement to throw an object. We are going to practice aiming and throwing at targets today.</p> <p>What: You will be able to throw an object using the underhand movement pattern to a target.</p> <p>Why: The underhand throw is not only a first grade standard, it is an important skill used in many games and sports.</p> <p>How: You will know you have met the objective when you can successfully demonstrate the underhand throw to a target.</p>

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<p>Instructional Input/ Sequencing:</p>	<p>Have students share their experience using underhand throw with a partner. Ask students to tell a partner everything they know about this type of throw.</p> <p>Teach proper form for underhand throw (adapted from National Standards and Grade Level Outcomes for K-12 Physical Education by the Society of Health and Physical Educators (SHAPE) America):</p> <ol style="list-style-type: none"> 1. Face target in preparation for throwing. 2. Arm back in preparation for action. 3. Step with opposite foot as throwing arm moves forward. 4. Release ball between knee and waist level. 5. Follow through to target (make sure to explain and model how releasing the ball at different points will influence the direction it travels). <p>Practice- Give students a few minutes to throw balls at various targets spread out in playing area (buckets, baskets, hula hoops, etc). Make sure you have enough set up that no one is waiting in line. Walk around helping those who need it and giving feedback.</p> <p>Challenge- Students partner up at targets (Have enough buckets, baskets, and containers set up that each pair has one target). When the game starts, each pair takes turns throwing underhand into the target until they make it 3 times. When they reach 3, they go look for a new partner and the other student waits for a new player to join. Let the game go on until students have played with at least a few different partners.</p> <p>Partner Share- Have students share about strategies they used to get the bean bag to go into the bucket. What worked? What didn't? Generate a discussion about different points of release and how they influence the direction of the ball. Make sure students know to release the ball while it is aiming at the target for the best results.</p> <p>Bean Bag Battle Game- Teams of 4 play against each other tossing bean bags, earning points for getting closest to the target. The target is a polyspot or hula hoop thrown out into the playing area by one of the teams (use rock paper scissors to decide which one). Each team has 4 bean bags to toss towards the target. Students must toss the bean bags from behind a designated line or poly spot and use underhand throw. After all bean bags are</p>
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	<p>thrown, the team who has gotten the most bean bags closest to the target wins a point. (If they have landed a beanbag inside the hula hoop or on the polyspot they get 2 points). When a team reaches 5 points, they look for a new team to battle.</p> <p>Closure- Students must find at least 3 people and explain:</p> <ol style="list-style-type: none"> 1. Underhand Throw Cues 2. Why it is important to release the beanbag while it's aiming towards the target? <p>Make sure to listen to students as they explain. Give feedback and help those who aren't understanding.</p> <p>Self-Assessment- Fist to Five- Students rate their understanding by holding up a number on their hands:</p> <ol style="list-style-type: none"> 0 (fist): I don't understand at all 1: I need help 2: I could use more practice 3: I understand pretty well 4: I mostly understand 5: I completely understand
<p>Strategies for Differentiation:</p>	<ul style="list-style-type: none"> • Frontload vocabulary at the beginning of the lesson • Post vocabulary and pictures for visual learners • Have a student model proper technique • Pair students with a buddy as necessary • Sentence starters for partner shares
<p>Guided Practice:</p>	<ul style="list-style-type: none"> • Monitor students and give feedback as they practice • Keep posters with pictures and cues close to playing area for student reference
<p>Formative Assessment:</p>	<ul style="list-style-type: none"> • Teacher observation and feedback during practice and games • Student partner conversations re: cues and release to target • Fist to Five Assessment
<p>Outcomes</p>	
<p>Evidence of Student Learning:</p>	<ul style="list-style-type: none"> • Students can throw a ball using the underhand movement pattern • Partner share • Fist to Five Assessment



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Follow-Up	
Re-Teaching Strategies:	<ul style="list-style-type: none">• Teacher will continue to provide practice opportunities for these skills throughout the year