

Year 1 Run Jump Throw Unit 1 Lesson 4

Learning Intentions

1. Throw a range of objects over a distance.
2. Adapt throwing styles to different objects.
3. Using a leading arm to direct a throw over a longer distance.

Skill Development: Using the leading arm to direct throw

Success Criteria

1. I can throw using a variety of different throws.
2. I can use my non-throwing arm to direct my throws.
3. I can use different techniques to throw different pieces of equipment.

National Curriculum Links

Mastering basic movements and skills.

Literacy and Numeracy Links

L Recognise and describe the differences in throwing with different pieces of equipment.
N Accurately estimate where an object has landed closest to e.g. 3m or 4m mark

Starter Activity

Not in My Back Garden

Split the hall and group into two 'gardens' and distribute an even amount of soft throwing equipment between the two teams. Each side must try to empty their 'garden' by throwing their equipment onto the other side.

This is a timed game. When time expires, players should freeze with hands on their heads on a command from the teacher. Then count the number of items remaining on their side. The group with the fewest items wins.

Please discuss how they might change the way they are throwing with the children depending on the equipment that has come over. How can they spread themselves around to cover the greatest area? Then replay.

Activity

Set up throwing lanes. There will be different types of equipment for children to throw in each lane. Put children in small groups and assign a lane to each group. The aim of the game is to try and throw for distance to score points using the different types of equipment. You could set cones up every metre to measure distance. So if they land close to 4 metres, they get 4 points. This will help children learn to judge distance, i.e. are the closest to the 3 or 4m mark?

Foam Javelin
Netball
Tennis Ball
Foam Discus/Frisbee
Beanbags
Howler

- Children must all throw at the same time.
- Children can only go and collect equipment once all have been thrown and the teacher has indicated it safe to do so.
- Whilst not throwing children should stand back from the thrower (this can be done using a marker if necessary).
- Children should each have a few attempts at each type of throw.

We are learning...

to use correct technique to throw different objects for distance.

Teaching Points

- Have non-throwing arm pointed forward and towards the direction of where you are

aiming to throw.



Key Questions

1. How do you think your non-throwing arm can help direct your throw?
2. Which pieces of equipment were easier to throw further?
3. How can you improve throwing?
4. How did you change your throw for different pieces of equipment?

Skill Development

- Demonstrate throwing whilst using your non-throwing arm to direct the throw.
- Return to the activity, encouraging the use of the non-throwing arm.

Activity

Team Target – Set the children up into two teams as per the diagram below. The players in the centre circle and the hoops are Team A, and the players in the space are Team B. The objective is for Team A to bring all their players into the centre circle as quickly as possible or before the balls run out. Start with two players in the circle; they must throw to a teammate in the outer hoops; if they catch it, they come into the centre circle and work with the others.

Team B are the fielders, and their objective is to try and intercept the passes. If they catch a ball that ball is then put out of play in a bucket or hoop at the side. Team B's cannot simply collect stray balls off the floor.

Rules

1. Start with at least 15 soft foam balls in the centre
2. To move from an outer hoop into the centre, it must be a clean catch within the hoop (easier option if they drop and re-catch that counts)
3. The fielders may only remove balls from the game if they have intercepted them via a catch, not simply knocked away
4. You may wish to have two players working as ball collectors to return balls to the centre for the throwers

Development: If children are struggling to catch the ball in the designated hoops, remove the hoops and allow them to move freely. You must, however, still have a line that divides the catchers from the fielders as in the diagram. You could use cones to set up this area or use the lines of a court.

