



## THROWING

### Warm up: TRAFFIC LIGHTS

Use different coloured cones to prompt different ways to travel. This could be red to freeze, yellow to jog on the spot, green to run and blue to jump.



### Main activity:

**ACTIVITY 1** – demonstrate the under-arm throw. Explain that we are going to throw for distance and for targets. Firstly we are going to throw for distance.

Ask the children to start behind a cone/marker and throw the bean bag as far as they can, using the under-arm throw. Ask the children to mark with another cone/marker how far they got and then keep repeating to see if they can beat their last throw.

**ACTIVITY 2** – throwing for a target. Make a large circle of cones/markers and ask the children to start approx. 2 steps away from the circle. Throw the beanbag into the target and if they get it in then move away 3 steps. Keep increasing your distance from the target.

**ACTIVITY 3** – RELAY RACES. Put children into equal teams and complete relay races using different ways of traveling.



### Equipment:

Coloured cones and Bean bags



### Coaching points:

- Opposite arm forward to leg
- Point toe forward
- Point arm in the direction you want your throw to go
- Release as your arm goes past your hip
- Bend both knees on release
- Wait until you have been tagged before you go in the relay race
- Be ready with your hand out so your teammates know who is next to go

### Differentiation:

**HARDER** – use different objects to throw.

**EASIER** – keep your target close or make it larger.

### COOL DOWN – Static stretching

One stretch for each body part starting at head and down to toes.

HEAD SHOULDERS ARMS HIPS KNEES LEGS FEET

