

Unit 3

LEARNING OUTCOMES

- The student will:**
- apply safety measures associated with throwing
 - improve his/her ability to throw using one handed, overarm throw.

EQUIPMENT
Soccer balls, basketballs, bean bags, tennis balls, hoops, indoor javelin.

CLASS ORGANISATION

Safety is paramount!
Ensure all throwing is in one direction only.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	<ul style="list-style-type: none"> • Gentle aerobic activity, followed by stretching routine and basic throwing drills. 	<ul style="list-style-type: none"> • Ensure main muscle groups for throwing are stretched. • Use chest pass / overhead pass drills.
Development	<ul style="list-style-type: none"> • Begin with 2 handed soccer throw <ul style="list-style-type: none"> – Move from 2 feet to 1 foot – Move from 1 foot to 2 feet to 1 foot (in pairs). • Do standing frontal throw, one handed, feet square. • Do standing throw, feet square, turning shoulders to side. • Turn shoulder to right (throwing arm), reach back and step. <p>Option</p> <ul style="list-style-type: none"> • Practice with foam javelin (see resource material). • Target throwing competition (see resource material). 	<ul style="list-style-type: none"> • Ensure students keep elbows in and above eye level. • Get ball back as far as possible but keep above head level. • Bring arm straight back with elbow high (at eye level). • Step onto opposite foot from throwing arm, bring elbow through high and close to head. • Follow through and release. • If you have foam/indoor javelin, allow students opportunity to throw • The target throwing competitions are good fun, but also help develop technique used in javelin throwing -
Cool down	Gentle jog and stretch.	<ul style="list-style-type: none"> • Revise throwing technique points by questioning while students are stretching.