

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Second Grade	Football	Throw To A Moving Target	Footballs, Stereo, Music, Fitness Cards, Control Cones, 6 Jump Ropes, Markers,

Objectives

1. Pass the ball to their moving target accurately at least 10 times during the lesson.
2. Play cooperatively with two different groups.
3. Have fun.
4. Play safely.
5. Verbally describe the important points to throwing the ball to a moving target.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1	10	<p>Set up 6 Fitness Stations; Push Ups, Sit Ups, Step Ups, Jumping Rope, Jogging, V-Sits. After the class finishes the workout (Blue side of card) turn the card around and do the stretches.</p> <p>When my students come out to class, we will meet in the key; I will explain that we are going to do the fitness stations and stretches. When they are sent to go, I will tell them they have 10 seconds to get to a station, there should be no more than 6 (number of students in class divided by 6 stations.) people at each station. When everyone is at a station I will begin the music. As soon as the six work out cards are done, we will turn the cards over and do the stretches.</p>	
Part 2	10	<p>Review throwing/catching a football.</p> <p>(This should only take 5 minutes, the questions can be asked while they are warming up playing catch with their partner.)</p> <p>Play catch with a partner.</p> <ol style="list-style-type: none"> 1. What do you look at as you are throwing the football toward your target? (The target) 2. Which surface of your body faces the target as you begin your throw to the target? (The weak side of your body) 3. What can your weak leg do to help assist your throw? (Step toward the target) 4. As you are throwing the ball, what should your shoulders and trunk do to help your throw? (Rotate to with throw toward the target) 5. When you finish your throw what surface of your body is facing the target? (The front surface) 6. Where on the football should your fingers grip to get the best hold on the ball as you throw it? (Slightly behind the middle, fingers on the laces, thumb wrapped around the other side.) 7. Where should your fingers be pointing as you are releasing the football? (Toward the target) 8. Where should the palm of your hand be pointing as you release the football? (Sideways away from the target.) 9. What can you do with your wrist to help get more spiral on the ball as you release it? (Snap the wrist downward on follow through as the ball leaves your hand.) 10. What do you look at as you are catching the ball? (The ball) 11. If the ball is lower than your waist, how should you position your hands and where should your fingers be pointing when you catch the ball? (Cradle hands/basket so that fingers are spread out and pointing downward, little fingers together.) 12. If the ball is above your waist how should you position your hands and where should your fingers be pointing when you catch the ball? (Spread fingers, fingers pointing up, and thumbs together.) 13. As the ball falls into the cradle/basket that you are making with your hands, what can you do to help absorb the impact of the ball and keep the ball from popping out of your hands? (Give or move with the direction of the ball as it drops into your hands. You can use elbows, wrists and knees to draw the ball toward the body as it falls into your hands.) <p>After you catch the ball, it is important to protect it from falling out or being knocked out by</p>	

		<p>another player. What can you do to protect the ball after you catch it? (Tuck it into your body protected by the body and two arms cradled over the ball.)</p> <p>Ok, you and your partner are going to start this next activity standing side by side. One partner, without the football is going to run toward a spot (both partners should decide which spot to run to.) while the partner with the football is going to throw the ball to their partner as they are running to the spot.</p> <p>Teach the concept of passing to a moving target.</p> <ol style="list-style-type: none"> 1. What do you aim for as you are passing to a partner who is moving? A place just beyond where the running partner is, and in the direction of where they are going to. 2. Why don't you aim for your partner? Because they are moving, by the time the ball gets to them, they will already be gone! <p>The pass should lead them to the spot they are running to.</p>	
Part 3	8	<p>When I say go, you have 10 seconds to put the football away and sit in groups of three. You may not sit with the partner you just played with.</p> <p>100 Points</p> <p>In groups of three, two players will begin passing the football back and forth trying to catch the passes. Each caught pass is worth 10 points. The third player will try to get the football away by intercepting it, or touching it first after it touches the ground. If the two passing players score 100 points, the defender becomes one of the passers. If the defender gets the football through an interception or touching it first after it touches the ground, then they also get to be one of the throwers.</p>	
Closure	2	Discuss what to remember when passing to a moving target.	