

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Softball	REVIEW THROWING, UNDER AND OVERHAND	Yarn Balls, Beanbags, Whiffle Balls (Large and Small), Fitness Cards, Throwing Station Cards, Music, Stereo, bowling pins, Buckets, Jars, Chalk, Markers, Control Cones

Objectives

1. Exercise the heart and other muscles of the body using correct form.
2. Work safely with other students at the stations.
3. Have fun.
4. Verbally discuss the points to throwing a ball overhand and underhand.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1	12	<p>Work out doing twelve fitness cards. One minute at each station.</p> <p>When I say go, find a station so that there are no more than three of you at each station. (if you have less than thirty six students you can make it 2 or three at a station.)</p>	Have the throwing cards on the back of the work out cards so that the students can just turn the cones around to see the throwing stations.
Part 2	3	<p>Call the class in to sit around you. Verbally discuss the steps to throwing a ball over and underhand.</p> <ol style="list-style-type: none"> <li>1. If you want the ball to go to your target, where should you look? (At the target)</li> <li>2. What should your throwing arm move towards as you throw the ball to your target? (Toward the target)</li> <li>3. Where should your weak foot step toward as you throw the ball to your target? (Toward the target)</li> <li>4. What can your shoulders and trunk do (explain what trunk is) to help give you more power and accuracy in your throw? (Rotate with the throw/step)</li> </ol> <p><b>The following questions only pertain to Overhand throw.</b></p> <ol style="list-style-type: none"> <li>5. In order to let your shoulders help with the throw, which side of your body has to start the throw facing the target? (The weak side)</li> <li>6. Which surface of your body finishes the throw facing the target? (The front surface)</li> <li>7. How can you change how high or low you throw the ball? (Let go sooner/higher if you want the ball to go higher, and let go later/lower if you want the ball to go lower)</li> </ol> <p>Have a student volunteer throw the ball to you using an underhand motion. Then call another student to throw the ball to you using an overhand motion. This will help the students all remember both types of throwing.</p>	
Part 3	12	<p>Have the students rotate through the twelve throwing stations. Explain that they must keep track of their own points as they work if they want to keep score. They should also use the type of throwing that the card indicates.</p> <p>Have the students go back to the station they started at. As the students are working you can walk around to the various stations, looking for students who are doing a great job. Stop the class and let those students show off. This will also help explain the station to the rest of the class. You can also use this time to refine the students throwing by verbally reviewing the steps of throwing with them while they work. This is a great time to give out individual warm fuzzies!</p>	Have hoops by each station with the type of ball that should be used for the station. Be sure to tell the students to leave the balls in the hoop when it is time to rotate.
Culmination	3	Verbally review the steps to throwing a ball. Ask the students which was their favorite station! Tell the class what a great job they did as a class today!	