LEVEL	UNIT	LESSON Number 2	EQUIPMENT
First Grade	Softball	Underhand throwing practice	Bean Bags and Hoops

Objectives
1. Verbally describe the steps to throwing underhand.
2. Demonstrate underhand throwing while playing the games.
3. Have Fun.
4. Play safely.
5. Play cooperatively with partner/s.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1	10	**Clean Up Your Backyard** Divide the children in half. One half should be on one side of the playing area and the other half on the other side of the playing field. Have a line, cones or something divide the field into two halves. You will need at least one beanbag for each child playing the game. The beanbags are garbage. The garbage will be littering up the teams yards. The object is for each team to clean up their back yard by emptying the garbage into the other team's yard (throwing their bean bag using an underhand motion). The game is over when one of the teams has completely cleaned their yard, or the teacher says so! Remind the students to watch out for each other so that they don't hit each other while they are retrieving the beanbags. Remind them that they should try to throw the garbage wherever the there is a blank spot in the other back yard. Throw the garbage away from the other team members.	

Part 2/3	20	Verbally review the points of throwing underhand.
		   1. Where do your eyes look when you throw the beanbag at your target? (The target)
		   2. What does your arm swing toward when you throw the beanbag at your target? (The target)
		   3. What can your weak leg* do to help you throw be stronger and more accurate? (Step toward the target)
		   4. Which direction should the weak footstep when you are throwing the beanbag at your target? (Toward the target)
		
		Hopscotch
		Have a hopscotch game marked out with chalk or hoops. **If you are outside, use chalk, this way you can have one game for every two students.** If you are inside using hoops, you will need at least 5 hoops for each game. Divide your students up into 8 groups of equal players.
		
		Explain how to play hopscotch to your students. Tell them they must use an underhand throw to toss their beanbag into the hoop or square.
			
			Start
			
			(hoops)