

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
First Grade	Softball	Catching	Bean Bags, Hoops, Clips, Control cones,

Objectives

1. Students will demonstrate an overhand and underhand throw into the hoop or at the target.
2. Student will verbally describe the points to catching a ball or beanbag.
3. Student will have fun.
4. Student will play safe.
5. Students will play fair.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Review throwing underhand and overhand. Warm up.	10	<p><u>Underhand Tag.</u></p> <p>Everybody is it! When someone pulls your flag off, you have to go to one of the stations and throw the beanbag overhand or underhand into the hoop. Explain that each time they are caught, they should alternate using either overhand or underhand. (IE: if they choose overhand the first time, they should choose underhand the second time.) Once you get it in the hoop, retrieve the beanbag, placing it next to the marker where you found it, and then you can go back into the game! Continue throwing until you throw the beanbag inside the hoop.</p> <p>Have at least 12 areas to throw at. Explain to the students that they should go to a workstation that is empty. Clip hoops to a fence, or have them laying on the ground with a control cone in them (the control cone will help them see where the target is. Place a marker to indicate where to throw from, with a beanbag next to the marker. The marker should. Either throw the beanbag so that it hits inside the hoop while it's clipped to the fence, or throw the beanbag so that it lands inside the hoop while it is on the ground.</p>	<p>Be sure to set the hoops out around the outside of the playing field. Set up the direction of throwing away from the tag game.</p> <p>As students are out, throwing to get back in, remind them of the steps of throwing as they work. You can ask them questions while they throw, or tell them the points to underhand throwing.</p>
Part 2 Catching Skills	10	<p>Begin with each student having a beanbag in his or her own space, teach or review the points of catching. Throw the object into the air, staying in own space; catch it when it comes back down.</p> <ol style="list-style-type: none"> 1. What do you look at when you are trying to catch the ball? (The ball) 2. Where do you place your hands as you are catching the ball? (Behind or under it in relation to where it is coming from.) 3. Once the ball contacts your hands, what can you do with your hands to help keep the ball from popping out of your hands? (Close your fingers around the ball) 4. If the ball is not coming directly to you, what should you do to catch it easier? (Move to get behind the ball) 	<p>As the students are working, walk around to the students, pointing out those that are able to stay in own space while they work. You can also point out the students who are able to catch the beanbag easily.</p> <p>Encourage the students to challenge them with the height that they throw the beanbag, but to remain safe and stay in own space.</p>
Part 3 Practice Catching	10	<p>When I say go, you have 5 seconds to sit back to back with a partner.</p> <p>You are going to play catch with your partner now. You can choose either overhand or underhand throwing. Choose a distance that you and your partner can throw accurately from. If you are able to catch the bean bag every time, take a step back and make it a little harder. See how many times in a row you and your partner are able to catch the beanbag without dropping it on the ground.</p> <p>When I say go, one partner should put away their beanbag, and the other partner will find the spot you will work. Set up so that one of you is facing the street when you throw, and the other partner is facing the school.</p>	<p>Remind them that they are trying to throw the beanbag so their partner can't catch it. Hard and fast doesn't always mean better if the other person can't catch it!</p> <p>Describe the direction you want the partners to face as they throw. This will insure they are all throwing in the same direction. As they are working, remind them to have enough room to work without interfering with another group.</p>