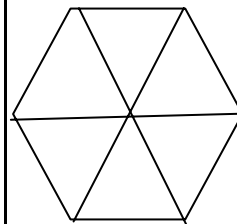


LEVEL	UNIT	LESSON Number 4	EQUIPMENT
First Grade	Softball	Throwing And Catching Games And Activities	Whiffle balls, Bean Bags, Yarn Balls, Playground balls, Hoops, Stereo,

Objectives

1. Verbally review the points to throwing and catching.
2. Demonstrate over and underhand throwing.
3. Have fun.
4. Play safely.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1	10	<p>“Clean Up Your Back Yard”</p> <p>Play this game with yarn balls, or whiffle balls if you are in a big open space. Begin by telling the students that they should use underhand throwing. After a minute, literally, have them throw overhand. Begin introducing different ways of throwing, backwards, wrong handed, even having to travel different ways to retrieve the ball! There are plenty of ways to vary the task to keep them active for ten minutes. This is a way to review throwing as well. While the students are practicing throwing, you can be reminding them of the points to throwing a ball. After you cover all the throwing aspect, remind them that the faster they get to a ball, the faster they can clean up the mess. If they catch a ball that is thrown, they can throw it right back! Review the points to catching too! Remember you do not have to worry about who wins or loses, keep praising the kids for the cool ways they are throwing <u>and the great job they are doing playing the game.</u></p>	
Part 2/3	18	<p>“Dumpster Clean Up”</p> <p>You’ll need 4 to 6 garbage can/size, clean, containers. This game is played similar to clean up your back yard. You should divide your space up into 4 to 6 areas, each with one can. The object of the game is to get as many yarn balls and whiffle balls into your opponents can, and as few in yours. You must try to throw the balls into your opponents’ can. You may not go into any other teams territory and can only throw balls that have landed in your team’s territory and are not in the can. Once they are in the can, they must stay there. The game ends when the teacher stops the game.</p> <p>You can use whiffle balls and yarn ball and beanbags. The smaller the team sizes the better. Even as little as three and four to a team.</p> <p><u>Throwing and Catching Medley</u></p> <p>Students find a partner. One partner is asked to stand up while the other partner sits down. The standing partner selects the first object to be used in the throwing and catching medley. The sitting partner finds a space out on the floor to work in. When everyone is ready, the music starts and the activity begins; everyone is actively engaged in throwing and catching with a partner.</p> <p>When the music stops the partner without the object sits down. The partner with the object takes the object over to the equipment area and swaps it out for a different object. Students should be encouraged to do this quickly. After all partners are back at their space, the music begins again and the game resumes. Students should be able to use six or seven different objects of different size, shape, texture and weight.</p> <p>Assessment Ideas:</p> <p>During the activity you should assess the particular cue(s) you are working on by observing as you move around and provide feedback. Encourage students to make adjustments as needed to allow for high success rates.</p>	 <p>Six-zone set</p>
Closure	2	Review with the class the points of throwing and catching. Tell them about the great job they did, and line up for class!	