

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
Second Grade	Softball	REVIEW THROWING, UNDER AND OVERHAND	Beanbags, Jars, Fitness Cards, Music, Control Cones, Stereo

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	Work out doing twelve fitness cards. One minute at each station. 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.)	
Part 2	3	Call the class in to sit around you. Verbally discuss the steps to throwing a ball over and underhand. <ol style="list-style-type: none"> 1. If you want the ball to go to your target, where should you look? (At the target) 2. What should your throwing arm move towards as you throw the ball to your target? (Toward the target) 3. Where should your weak foot step toward as you throw the ball to your target? (Toward the target) 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) <p>The following questions only pertain to Overhand throw.</p> <ol style="list-style-type: none"> 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) 6. Which surface of your body finishes the throw facing the target? (The front surface) 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) <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	Knock ‘em Down 6 Teams (use flag colors) Object: Knock down other players Jars, while setting your own jars back up! Have the most jars standing when the whistle blows! “When I say go, take your bean bag, get a jar that matches the color of your bean bag and find an own space. Set your jar on the ground in your own space.” Go. <i>Once everyone is in their own space</i> “When I say go, you are going to begin throwing your bean bag at the other team’s jars. You don’t want to knock any jars over that are your teams! But there’s a catch! You cannot move with the bean bag in your hand. You should only throw your bean bag, if you see a bean bag lying on the ground, don’t touch it. You can throw your bean bag toward a target, run to it, pick up the bean bag and throw it again. You can keep doing this to get closer and closer until you knock it down. Remember you are going to be going all over the place, so once you leave your target to begin the game, you don’t have to watch only that target, you should also watch out for the rest of your teams targets. Remember I said you could fix your targets if they get knocked down? Well you can, but you can’t move with the bean bag in your hand, so you must leave your bean bag on the ground to go run and set a target back up. That’s why I said to leave lying bean bags alone. The team with the most targets standing when I say stop wins! Ready? Go.	Remind the students to watch out for each other while they are throwing and running. Every couple of minutes, stop the game and tell the class to set their targets back up. I usually forget to count the number of jars left!
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!	