**Remember to try and be resourceful when needing to use equipment. A ball could be made from socks. A blow-up beach ball, beanbag, pillow, pillowcase with some clothes in it, plastic bag with some socks in it, washed out milk container could be used instead of a tennis ball, soccer ball, netball etc.**

**Learning Intention**: Students will practice underarm throw

**Success Criteria:** Student can throw at a target

**Concept of Focus – Underarm throw**

The underhand or underarm throw is useful for short distances, particularly when accuracy is important, for example in a run-out in tee-ball.

**Parent/Caregiver notes**

• Consider using different size balls to vary the difficulty of the activity.

• This skill doesn’t need to be taught before the overhand throw. They are different ball skills with different skill criteria.

**Introduction**

**Language for lesson –** Some of the key word’s parents/caregivers might use when playing

Step, swing, follow through

Opposite foot forward

**Warm-up – Fill the Hoop**

Modify equipment to use what you have at home

Modify equipment and people involved in the activity to what is available at home. Bean bag could be a sock ball, tennis ball etc.

Use a box or bucket instead of a hoop

Sock balls or empty containers instead of bean bags

Use your underarm throw when playing this game



**Development**

Modify equipment to use what you have at home

Modify equipment and people involved in the activity to what is available at home. Bean bag could be a sock ball, tennis ball etc.

**Use your underarm throw to hit the target**

**1.Bullseye**

* Set up a playing area that has a ‘throwing line’ 3 metres from the targets (3 buckets in a line small, medium big, could be 3 plates, small medium or large)
* Players throw the ball/object towards the target and tries to land the object in/on the target.
* Create a scoring system so that the hardest target to achieve is worth more. eg. small 5, medium 3 and big 1 point.
* Play until a player earns 20 points.

**Change the game**

The distance from the throwing line.

The size and shape of throwing object.

Make the target size bigger/smaller

**Questions to ask**

Will your throwing technique change for a wall target?

What change can you make if the object goes too far/too short?

**2. Skeet**

**Use the underarm through to play**

**Skittles could be empty plastic containers, buckets, boxes, soft toys**

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**Self-Reflection**

**What did I learn today?**

**What did I do well?**

**What could I improve on?**

**How could I use catching at school or on the weekend?**

**Any questions for the teacher?**

**How do I feel about my catching today?**

**Thumbs Up** – Feel great about it

**Thumbs Sideways** – Feel ok about it

**Thumbs Down** – Don’t feel good about it