


PE KS1 Unit 17

Athletic Activities 1 - Throwing



Lesson 1 Throwing

 **35-40 mins**

Learning objectives

Children should learn:

- to use their bodies and equipment with greater control and coordination;
- to remember, repeat and link combinations of actions;
- to choose skills and equipment to help them meet the challenges they are set;
- to recognise and describe what their bodies feel like during different types of activity;
- to watch, copy and describe what they and others have done.

Success criteria

Children:

- throw with increasing accuracy and coordination into targets set at different distances;
- use different techniques, speeds and effort to meet challenges set for throwing;
- describe what happens to their heart, breathing and temperature during different types of athletic activity;
- explain what is successful and what they have to do to perform better.

National Curriculum Attainment targets

- Master basic movements including running and jumping, throwing and catching within a range of activities.
- Participate in team games and start to develop simple tactics for attacking and defending.

Vocabulary

aim, backwards, change direction, cool down, far, forwards, freeze, high, in a space, jog, low, near, rotate, straddle, throw overarm, throw underarm, turn, walk, warm up

Resources

- Playing field, playground or hall (area may need to be restricted depending on size)
- Beanbags (one each)
- Boxes
- Cones
- Crates
- Hoops
- Skittles
- **Interactive CD, Image Gallery: page 18, Throwing**
- **Interactive CD: Straddle throw**

Warm-up

 **5-10 mins**

- You could restrict the area with cones or markers.
- Ask the children to stand near you and jog gently on the spot. Tell them to turn, jog to a space, freeze, turn and jog to another space.
- Now ask them to walk on the spot, turn, walk to a space, freeze, turn and walk to another space.
- Now ask them to skip on the spot, turn, skip to a space, freeze, turn and skip to another space.
- Ask the children to jog on the spot, and then walk on the spot. Tell them to walk to a space, taking long strides, and then freeze, turn and walk with long strides to another space.
- Encourage the children to spread out, turn to change direction and be careful not to touch anyone.

- Ask the children to stand in a space and follow you as you rotate your shoulders forwards and then backwards. Let them follow you as you circle your right arm backwards and then forwards. Repeat this with the left arm. Ask the children to copy you as you rotate both arms forwards and then backwards.
- Ask the children to listen to others breathing. Ask them the following questions:

Key questions ?

How do you feel?

What is happening to your breathing?

What happens to your heart when you exercise?

Do you feel hot?

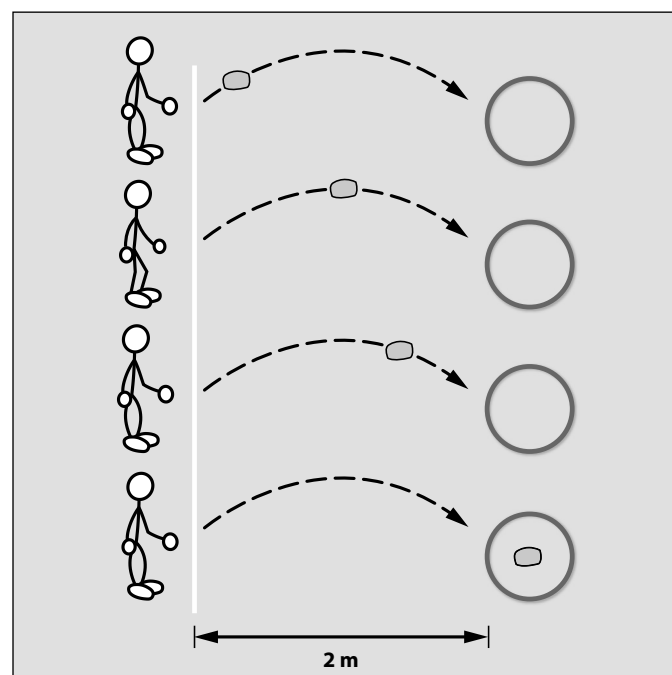
Learning skills

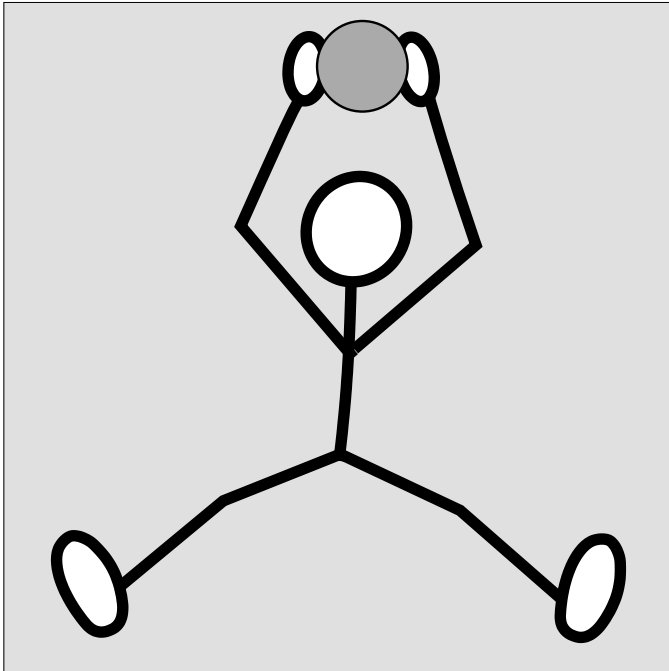
 15 mins

- Ask the children to sit down cross-legged in a space. Show them how to throw a beanbag underarm into a target, e.g. a box, emphasising that they must keep looking at the target. They should put their body weight on the back foot, bend the front knee and transfer their body weight forwards as they throw with a straight arm (see **Interactive CD, Image Gallery: page 18, Throwing**).
- Ask the children to stand up and pretend to throw a beanbag underarm. Go round and explain where their body weight should be and remind them to keep the throwing arm straight.
- Ask the children to sit down and divide them into four groups. Put out a selection of targets, e.g. cones, boxes, crates, skittles and give each child a beanbag. Ask the groups to practise throwing underarm at their targets. Tell them to stand four strides away from the target and to take another stride back when they become more accurate at hitting it.
- Visit each group giving encouragement and looking for good quality movement. After several minutes ask the children to freeze and sit down in their groups. Choose children to demonstrate accurate throwing. Ask the children watching to describe what they have

seen and pick out how others throw, e.g. underarm, high or low. Encourage them to recognise good technique and to use this to improve their own work.


- Rotate the groups and if there is time, let the children have a go at all the different targets.
- Ask the children to sit down cross-legged and put their beanbags on the ground. Tell them to watch you as you demonstrate with a partner how to throw overarm.
- Ask the children to find a partner. Tell them to sit in a straddle position opposite each other and take it in turns to throw the beanbag overarm, aiming at their partner's chest. Remind them to keep looking at their partner's chest as they throw and not to sit too far away from each other.
- Choose pairs to demonstrate accurate throwing and good technique. Ask the children to watch, copy and describe what they have seen or done.





into the hoop. They then retrieve the beanbag and run back to their team, passing the beanbag to the next child in the team and sitting down at the back. Encourage the children to throw nearer the middle of the hoop. (You could place a target in the middle of the hoop.) The first team to have all its members back and sitting down is the winner.

Cool-down

 **5 mins**

- Ask the children to walk about the field/space changing direction often. Remind them to freeze and turn, keeping their backs straight and maintaining good posture. Ask them to stretch their arms up and hold for a count of five. Ask if they can feel their muscles held tight as they stretch and then relaxed as they release the stretch.

Task

 **10 mins**

- Put the children into four teams and play the following relay game. Place one hoop for each team near a line that is about 15 m away from the children. The first child in each team must run up to the line with a beanbag and throw it