

# Overhand Throwing

## *Activity*

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.2, 8.1, 8.2, 8.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate persistence while engaged in activities that requires the use of both large and small muscles
- demonstrate spatial awareness
- demonstrate control of large muscles with equipment
- demonstrate hand-eye coordination in movement (overhand throw).

## Equipment

- 8 – 10 hoops or large paper targets
- Tape
- Soft balls

- Large utility ball or beanbags (one per child)
- Music
- Audio equipment
- **Early Learning Anecdotal Recording Chart**

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the walls.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of spatial awareness using large and small muscles as well as hand eye coordination in movement (overhand throwing) while using different equipment can be recorded on the Anecdotal Recording Chart.

## Overhand Throw To A Target

Tape hoops or large paper targets on the wall at various heights, 1-2 metres high. Children start two steps away from the target and overhand throw the ball toward the target. After five successful throws, the child should step backward and continue overhand throwing.

## A Friendly Overhand Throw

Children work with a partner sharing a large utility ball. Using a two-hand overhand throw and then a one hand overhand throw, the partners explore tossing the ball back and forth to each other. Children should try to catch the ball at waist height, using two hands. Children can try to catch the ball with and without a bounce.

## Not On My Side

Divide the class in half with half the children on one side of the gymnasium and half on the other. Each child has a soft ball or beanbag. Children overhand throw balls or beanbags across the centre line. Each side tries to “clean up” their own side. They may pick up any thrown balls and throw them back to the other side.

Remind children to overhand throw to open spaces only.

## Notes to EL-K Team

- Provide a variety of sizes and types of balls for children to use so they can choose one that is appropriate for their ability.
- Emphasize looking at target when throwing to the wall.
- Encourage children to change their throwing object to get experience throwing different objects.
- Instruct children to change their target to allow them to practise throwing towards different heights and shapes.
- Children can take a step back from target and continue to practise their throwing and catching for a greater challenge.
- When using an overhand throw, designate a “No Man’s Land” in the middle so children are not too close to each other when throwing.
- Partners count how many successful throws and catches they can make. Children can try to “beat” their own record.
- Consider playing upbeat music during “Not on My Side” to help keep the pace high.

## Connection Questions to Expand and Enhance Play

- What did you do to make sure you caught the ball?
- Why is it important to be aware of your space when playing Not On My Side?
- What did you do to make sure you threw the ball where you wanted it to go?