

Ready, Aim, Throw

LEARNING TARGETS

- ✓ I will coordinate large muscle movements by stepping with my opposite foot when throwing.
- ✓ I will write my first name correctly.

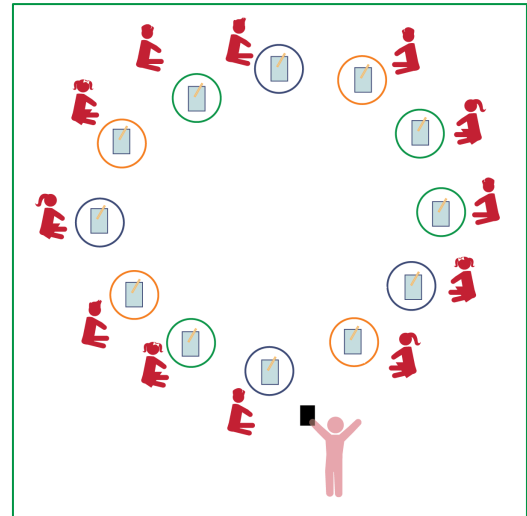
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 hoop per student
- ✓ 1 piece of paper per student
- ✓ 1 pencil or crayon per student

Set-Up:

1. Arrange hoops in a large circle, each student at a hoop.
2. Place pencil and piece of paper in each hoop.
3. Be sure spacing between students is safe for activity.



Activity Procedures:

1. The purpose of the activity is to practice using an overhand throw.
2. Today we're going to play a game called *Ready, Aim, Throw*. Before we start, look around and take note of your personal space.
3. Explain the difference between over- and underhand throws. Have students mirror the technique for a proper overhand throw.
4. When I say, "GO," write your name on your piece of paper and then crumple it into a ball. Then pick up their paper-balls and stand in your hoop.
5. Each student will make 5 throws from their hoop. Remind students to step out of the hoop with their opposite foot. Demonstrate as needed.
6. Next, make the circle of hoops larger and have students throw toward the inside of the circle. Have students pick up someone else's paper, read the name, and add their own name before throwing again.
7. Continue to throw and pick up papers, adding names each time. After a few throws, have students find the first student on the paper's list and return their paper ball.

Universal Design Modifications:

- Put a sticker on students' dominant hand and opposing foot to help them learn which arm to throw with and which foot to step with.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Writing:** Writes for a variety of purposes using increasingly sophisticated marks.