

**Throwing and Catching**

**UNIT PLAN**

<b>Lesson Objectives</b>	<b>Skill/Concept + Cues</b>	<b>Lesson Activities</b>
<p>Lesson 1** Underhand Throw <b>Students will begin the unit by being introduced to underhand throwing and the cues of underhand throwing. Students will be divided into three stations for practice with each activity focused on either individual, partner, or team work to underhand throw using distance and accuracy.</b></p>	<p>Underhand Throw: Swing Back Step with the opposite foot Throw</p>	<p>Partner Throw and Catch  Bean Bag Hula Hoop Toss  Pin Knockdown  Oscar's Trashcan</p>
<p>Lesson 2** Catching <b>Students will be focusing on self-catching stations using various objects such as the wall to gather as many successful catch attempts as possible in a row. Students will also use Velcro to</b></p>	<p>Catching: Reach Grab Hug</p>	<p>Bean Bag Ball Toss  Ball Launchers  Wall Toss  Velcro Self Toss</p>

<p><b>catch objects and use equipment such as ball launchers to help practice catching.</b></p>		
<p>Lesson 3** Overhand Throw <b>Students will be focusing on overhand throwing practice for this lesson and will engage in multiple activities involving overhand throwing including warming up with a partner, aiming toward a low-level moving target, and demonstrating cooperation while engaging in small-sided games involving overhand throwing with other skills such as chasing and fleeing.</b></p>	<p>Overhand Throw: Swing Up Step with the opposite foot Throw</p>	<p>Throw, Catch, Run  Bean Bag Ball Chase  Fire and Ice Tag</p>
<p>Lesson 4**</p>	<p>Underhand Throw:</p>	<p>Hoop Roll and Throw</p>

<p>Small-Sided Games</p> <p><b>This lesson focuses on using all skills learned so far in this unit including underhand throwing, catching, and overhand throwing. All skills will be used together in a small-sided game format where students must work together and use strategy to find success.</b></p>	<p>Swing Back Step with the opposite foot Throw</p> <p>Overhand Throw: Swing Up Step with the Opposite Foot</p> <p>Catching: Reach Grab Hug</p>	<p>Clean Up the Messy Backyard</p> <p>Target Pin Throw</p>
<p>Lesson 5** Assessment</p> <p><b>Students will be engaging in multiple stations focused on overhand throw, underhand throw, and catching. The purpose of these stations will be to assess the improvement of the students' abilities to throw with accuracy at a target, distance, and demonstration of throwing and catching cues.</b></p>	<p>Underhand Throw: Swing Back Step with the opposite foot Throw</p> <p>Overhand Throw: Swing Up Step with the Opposite Foot</p> <p>Catching: Reach Grab Hug</p>	<p>Partner Throw and Catch</p> <p>Target Wall</p> <p>Self-Toss Switch</p> <p>Distance</p>

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\*Lesson that was video taped

\*\*Lesson that assessment was conducted