UNDERARM THROW

for pre-schoolers 3-5 years

with Milly the Monkey



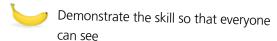
Underarm throw is a manipulative skill that involves applying a pushing force to an object to propel it.

POINTS TO REMEMBER

Before starting the games take a few moments to go over the key teaching cues for underarm throw

Start with 'Who can underarm throw like Milly the Monkey?' and if a child is having difficulty underarm throwing, try breaking up the skill into simpler actions

Try to identify the reason/s as to why the child is having difficulty, place a marker on the floor to show where the child should step and give cues "Step, swing, and throw"



Don't forget warm up and cool downPositive feedback is the key – have fun detecting and correcting!



TEACHING CUES

Hold the ball in your fingers with your eyes on the target

- 2 Swing your throwing arm back behind you keeping it straight

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Toss the ball forward

with Milly the Monk

for pre-schoolers 3-5 years



A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Wheels on the Bus.

who can underarm throw LIKE WILLY THE WONKEY?

Game Set up

Children spread out in a defined space, each child has a ball.

Who can underarm throw?

Fast

In a straight line



Slow

The furthest



Quietly

Loudly

Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"

SUITTLES

Equipment



Large – medium sized balls



Hoops or rope in circles



Skittles or water/milk bottles half filled with sand or water

Game Set up



Place a marker (hoop or rope circle) on the ground and place skittles inside



Arrange children (using a marker or tape) around the circle equal distances from the skittles

For large numbers of children separate into smaller groups of no more than five children

Activity



Give each child a ball



Children then take turns throwing the ball at the skittles to knock them over. When all the children have had a go they retrieve the ball and continue to take turns until all the skittles are knocked down.

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ROLLING OBSTACLE COURSE

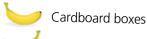
Equipment



Variety of small balls

Paints to decorate tunnels

Balance beams



Markers to create a goal post

Any other obstacle course equipment

Game Set Up



Set up a 'rolling obstacle course'



Create various challenges such as:

- A cardboard box tunnel to throw the ball through
- O A balance beam to roll the ball along the top
- A goal to throw the ball through
- A hoop to throw the ball into
- A slide or ladder to roll the ball down
- Get creative! How else could the ball be rolled?

Activity



Walk through the course demonstrating how to roll the ball along each obstacle course

Encourage children to move through the obstacle course underarm throwing across all stations

Play music to make the activity more fun

To challenge children try introducing different sized balls, a small ball will be easier to control on the swing back and will roll easier in a forward or straight direction.

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STUCK IN THE MUD

Equipment



Two small balls

Game Set Up



Choose a safe area in which children can move freely



Elect one child to be the chaser



Elect two children to be rescuers, give each a soft ball

Activity



All of the children run, when caught by the chaser the child stands feet apart and can only return to the game when one of the rescuers has thrown the ball between their legs.

GOOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Transition songs or stories make great cool down activities, try: My body is a balloon. Ask children to lie on the floor with their eyes closed. Explain you want them to imagine their body is a balloon; take a deep breath in and try and fill our balloon with lots of air, now softly let it out. This time, take a deep breath in and try and fill the balloon in your tummy and softly let it out. Encourage children to breathe air into the balloon in other parts of their body like their toes, shoulders or head. Finish with one big exhalation where they let all the air out and open their eyes.

