

UNDERARM THROW







for pre-schoolers 3-5 years

with Milly the Monkey

DESCRIPTION





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
-  Demonstrate the skill so that everyone can see
-  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
-  Don't forget warm up and cool down
-  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"
-  Positive feedback is the key – have fun detecting and correcting!



TEACHING CUES

-  Hold the ball in your fingers with your eyes on the target
-  Swing your throwing arm back behind you keeping it straight
-  Step forward on the opposite foot to the throwing arm
-  Toss the ball forward



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WARM-UP ACTIVITY

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 MILLY THE MONKEY?

Game Set up

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

Who can underarm throw?



Fast



Slow



Quietly



In a straight line



The furthest



Loudly

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

SKITTLES

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
-  Cardboard boxes
-  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
 - 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.

COOL 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.

