

### Age 11 - 12 Lesson 1 How many ways can you throw?

#### Learning Outcomes

- Throw with confidence
- Demonstrate 4 modes of throw: pushing, pulling, slinging and heaving

#### Equipment

- Range of things to throw – selection of balls,
- Beanbags, hoops, quoits
- Indoor athletics equipment



- 1 In pairs, each with beanbags, balls, hoops, quoits etc.
- 2 Base activity within a square or circle – a football pitch centre circle is ideal
- 3 Set the challenge of identifying different ways that the various implements can be thrown. Students collect only when all have thrown
- 4 Review and discuss the outcomes: confirm that push, pull, sling and heave are main techniques for throwing – why is one technique better for a particular implement?
- 5 Students practise and consolidate their understanding of and ability to use each technique
- 6 Finish with mini-throws challenges – e.g. push or sling as far/high/accurately as possible
- 7 Look forward to next lesson: challenge students to think about what actions results in a long throw

#### Differentiation and Variation

- Use a long line if space dictates, still throwing in pairs. A throws, B collects, etc.
- Ensure there is a wide range of equipment (different sizes, shapes and weights) to be thrown, e.g. throwing skittles, squash balls, quoits, knotted ropes etc.

#### Learning Points

- Encourage exploration of all forms of throwing
- Encourage students to identify examples of 'recognised' throws
- Use light weights to give satisfaction of throwing a long way
- Focus on descriptions of the action when discussing results
- Reinforce health and safety issues: be aware of others at all times and only collect implements when instructed to do so