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

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