

UNDERHAND THROW/TOSS LESSON PLAN

Lesson Topic: Use an underhand throwing pattern to send an object forward through the air to a large target.

Underhand Throw Activities:

- Bean Bag Toss
 - Horseshoe
 - Bowling
 - Ladder Golf
 - Washer Toss
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UNIT OBJECTIVES

The student objectives below are followed by specific reference to SHAPE America National Physical Education Standards and Grade-Level Outcomes.



Students will be able to...

- Throw underhand using a mature pattern. (S1.E13.2)
- Applies the terminology associated with exercise and participation in selected individual-performance activities. (S2.H1.L1).
- Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. (S4.H2)
- Applies best practices for participating safely in physical activity. (S4.H4)
- Identifies the opportunity for social support in a self-selected physical activity. (S5.H4.L1)

Note: S= standard number; H=high school outcome number; L= level number [level 1 indicates the minimum knowledge and skills that students must attain to be college/career-ready; level 2 allows students to build on Level 1 competencies by augmenting knowledge and skills considered desirable for college/career readiness] (Society of Health and Physical Educators, 2014).



Special Considerations

It is important to give students an opportunity to choose appropriate games, sports and events. However, the health and safety of all students is paramount. Games, sports and events must provide safe, meaningful and challenging opportunities for all students.

Equipment Considerations

- **Manipulatives:** 3 to 5 for each student
 - **Targets:** no more than 4 students per target.
 - **Modifications:** ramps, catapults, PVC tubes, varied distance for students if needed.
 - Varying distance of targets if needed.
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Safety Considerations

- Allow plenty of space for each target
- Have safe and clear expectations of when students are allowed to toss

UNIT SCHEDULE

This unit is segmented into 6 sessions, however instructors can decide to extend or shorten skill instruction time-frames based on what best serves their students. As with many activities/games, skills and understanding of the game only get better with practice, therefore the more students practice playing games, the better they will become.

SESSION 1: LESSON TOPIC INTRODUCTION

Objectives

Students will be able to...

- Face target in preparation for throwing.
- Identify throwing arm and opposite foot.
- Arm back in preparation for action.
- Step with opposite foot as throwing arm moves forward.
- Release ball between knee and waist level.
- Follow through to target (make sure to explain and model how releasing the ball at different points will influence the direction it travels).

Materials

- A variety of balls or beanbags
- Bucket or hoops for targets

Vocabulary

- **Backswing:** A movement away from a target to prepare to throw.
 - **Release:** An act of letting go of an object.
 - **Follow Through:** A movement after a throw where the arm continues to move toward the target.
 - **Dominate Hand:** Your throwing hand.
 - **Opposite Foot:** The foot farthest away from your throwing hand.
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Task Analysis: Underhand Toss

Movement Sequence	Verbal Cues
Grasp ball	<ul style="list-style-type: none">• Palm up
Backswing	<ul style="list-style-type: none">• Arm back
Step with opposite foot as arm moves forward	<ul style="list-style-type: none">• Forward
Release	<ul style="list-style-type: none">• Let go
Follow through	<ul style="list-style-type: none">• Hand by ear

Session 1 Content

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Game overview & vocabulary *(see vocabulary with definitions above)*

Underhand Toss Instruction

- Correct grasp, palm up
- Back-swing
- Step with opposite foot as
- Arm moves forward
- Release toward target
- Follow through

Toss to target

- Allow initial practice tosses toward target
- Underhand toss and catch with partner

Toss/Roll practice challenges

- Get 3 in a row in the target.
- How many can you get in one minute?
- Get one ball in each target in the gym.

Assessment

Student Demonstrated...	Attempt #1	Attempt #2	Attempt #3	Attempt #4
Grip Ball in hand, palm up				
Backswing Bring ball back keeping arm straight				
Toss & Step Bring ball straight forward while stepping with opposite foot				
Release & Follow Through Release ball in correct position & follow through				

SESSION 2: BOWLING

Objectives

Students will be able to...

- Demonstrate correct underhand rolling toward pins
- Identify important equipment and materials
- Apply the terminology and etiquette while participating in bowling appropriately.

Materials

- Bowling Balls
- Pins
- Pin set-up stencil
- Ramp for students who cannot roll independently
- Marked area for alley

Vocabulary

- **Alley:** The bowling surface that you roll the ball on.
- **Ball Return:** The track between the lanes that brings the ball back to the rack.
- **Foul Line:** The line you need to stay behind to throw the ball.
- **Gutter:** The drop off on both sides of the alley.
- **Gutter ball:** A ball that lands in the gutter.
- **Perfect game:** A score of 300.
- **Spare:** all pins knocked down with two balls
- **Strike:** all pins knocked down with one ball

SESSION 3: BEAN BAG TOSS (CORNHOLE)

Objectives

Students will be able to...

- Demonstrate correct underhand tossing toward Cornhole boards
- Identify important equipment and materials
- Apply the terminology and etiquette while participating in the game appropriately.
- Keep score correctly

Materials

- Boards
- Bean Bags
- Court

Vocabulary

- **Ace:** A bag that lands on the board, worth one point.
- **Blocker:** An ace that lands on the board in front of the hole, blocking the hole from sliders.
- **Cornhole:** A bag that falls in the hole, worth 3 points.
- **Hanger:** An ace on the lip of the hole ready to drop.
- **Jumper:** A bag that strikes another bag on the board causing it to jump into the hole.
- **Slider:** A cornhole that slides into the hole.
- **Swish:** A bag that goes directly into the hole without touching the board.

Scoring

- Through the hole = 3 points
- On the board = 1 point
- Scoring is net or cancellation = the highest scorer gets the difference of the two scores.
- First to score or go over 21 points wins

SESSION 4: LADDER GOLF

Objectives

Students will be able to...

- Demonstrate correct underhand tossing toward the ladder
- Identify important equipment and materials
- Apply the terminology and etiquette while participating in ladder golf appropriately
- Keep score correctly

Materials

- Ladder
- Bola

Vocabulary

Bola: two golf balls attached with a nylon rope 13" apart

Ladder: a structure that has 3 steps each spaced 13" apart

Steps or Rungs: the 3 horizontal steps on the ladder

Toss line: the line players must toss from, 15' apart

Scoring

- Top rung = 3 points
- Middle rung = 2 points
- Bottom rung = 1 point
- Game is won at 21 points exactly
- Any score above 21 results in all points for that round not being counted

SESSION 5: HORSESHOES

Objectives

Students will be able to...

- Demonstrate correct underhand tossing toward the stake
- Identify important equipment and materials
- Apply the terminology and etiquette while participating in horseshoes appropriately
- Keep score correctly

Materials

- Horseshoes
- Stakes - 40 feet apart
- Lawn (sandbox area)

Vocabulary

Ringer: a shoe that encircles the stake

Heel: the ends of the prongs on the open end of the shoe

Leaner: shoe that leans against the stake

Pitcher's Box: the area where the pitching platform and the pit

Inning: the pitching of two shoes by each player

Scoring

- The shoe closest to the stake if it's within 6" of the stake = 1 point
- Two shoes closer than the opponents shoe = 2 points
- A ringer = 3 points, 2 ringers = 6 points
- No points if shoes are the same distance from the stake
- A leaning shoe is the same value as a shoe lying on the ground and in contact with the stake
- Games are played to 21 points

SESSION 6: WASHER TOSS

Objectives

Students will be able to...

- Demonstrate correct underhand tossing toward the board
- Identify important equipment and materials
- Apply the terminology and etiquette while participating in washer pitching appropriately
- Keep score correctly

Materials

- Washer pit boards
- Washers
- Playing area

Vocabulary

- **Ringer:** a pitched washer that goes through the hole
- **Leaner:** a pitched washer that rests partly over the hole
- **Pitch:** toss
- **Skunk:** when a score reaches 11-0, the player wins

Scoring

- A washer lands on the board = 1 point
- A leaner = 3 points
- A ringer = 5 points
- Scoring is net or cancellation = the highest scorer gets the difference of the two scores
- Games are played to 21 points

Activity Protocol & Etiquette

Whether during practice or competition, individuals should be encouraged to abide by the following:

Bowling Etiquette

- Stay off the approach area unless you're bowling.
- The bowler to the right has the right of way and should bowl first.
- Don't bring food or drink near the approach area.
- Be ready when it's your turn.
- Use appropriate language.
- Have only one ball on the ball return.
- Don't talk to someone who is about to bowl.

Horseshoe Etiquette

- Don't distract your opponent.
 - Walk together from pit to pit.
 - Be mindful of people playing on nearby courts.
 - Remove foul shoes.
 - Offer encouragement.
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