



Grade 7 Sample Lesson Plans: Unit 4 – Throwing Games

Description

Please see attached handout for a lesson submitted by a Virginia teacher

Source:

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Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Throwing Skill Games 3-8

Throw and Go-

Version 1

With a partner, one player is stationary while the other partner moves in a horizontal direction. The throwing partner tries to lead their partner and throw the ball so that the running partner can catch the ball on the move. Once the player catches the ball, they become stationary and the new runner begins to move in a horizontal direction.

Version 2

Groups of 3. Have one player on a baseline, the second player on the halfcourt line and the third player on the opposite baseline. Play begins on the baseline. The thrower will throw it to the player at halfcourt and then sprint towards the halfcourt line. Once the halfcourt player has the ball, they will pivot correctly to face sideways to the next receiver on the opposite baseline and throw to them. Then he/she will proceed to sprint towards their baseline. The last player will receive the ball and then sprint the length of the court to the opposite baseline. Once there, they will throw the ball to the halfcourt player and proceed to half court. This continues until 1). Every player is back to their original starting position or 2). Play is continuous for a certain period of time and each group is seeing how many rotations they can do in the time frame.

Uh-oh-

Students pair up and get a gator skin ball to throw and catch.

When the music is on, students are throwing and catching.

When the music is off, the student without the ball is chasing the student with the ball. If the player is tagged, then they switch roles and the chaser must perform a fitness activity to pursue again.

Continue tag until the music comes back on

360 Football

Equipment: Cones, Footballs, Pinnies

Set Up: Create a square with cones in the center on the area. Divide students into 3 Teams

Game Objective: For offensive players to scores as many passes as possible, defensive team is attempting to break up passes or intercept the ball.

Game Rules: Have Team 1 start as QB's in the center square, Team 2 are the wide receivers and Team 3 are the defenders. QB's attempt to throw a touchdown to their WR while the defender is guarding them. WR may run in any direction around the center square to create space. Wide Receivers count the number of touchdowns caught in 1 minute time limit! Each interception by defender counts at -1 on the WR's score. Switch after each minute. Highest score wins!

Move the Mountain

Equipment: Two blown up Omnikin Balls, gatorskin balls

Setup: Start with the two Omnikin Balls in the middle of the gym. Divide the class up and have each team one of the sidelines in the gym.

Description: On the teacher's signal, players will start throwing the small gatorskin balls at the Omnikin Balls. The object of the game is to get the Omnikin Balls across the other team's sideline by throwing the smaller balls at the Omnikin Balls. When a ball crosses over the sideline a point is scored and the teacher sets the ball back in middle to begin again.

Players are allowed to go into the middle to get a ball to throw but must be behind their sideline before they can throw.

Players are not allowed to touch the Omnikin Ball at all. Touching or kicking the Omnikin Ball is an automatic point for the other team.

Around the Horn-

Create a square using cones or hula hoops to mark as bases. Get into groups of 5. A player will stand at each base with the extra player standing beside one of the base players. The extra player is the runner for the round who will run the bases ala baseball/softball style. One of the base players will have a ball and give the go signal. Once the signal has been given the runner will run the bases in the correct order as fast as they can. While that is happening the player with the ball throws the ball to another player at a base in the correct order as well. The base players are working together to throw the ball around the square as fast as they can in an effort to get the ball back to the original base before the runner gets there.

Modifications:

Change the size of the square (smaller/larger)

Change the object to be thrown

Throw with non dominant hand.

Beat the Ball-

The object of the activity is to focus on throwing, speed and invasion strategy of passing. Five players and a ball of some sort are needed. Have four players space out in a straight line with the first person and the last person about 20 yards away from each other. On the go signal, the remaining person will sprint in an effort to get to the end of the line before the ball does. The throwing team will get the ball to the other side baseball relay style. This activity highlights the skills of speed, acceleration as well as demonstrating how passing down the playing area is a quicker and more efficient way to progress a ball down the field.

Large Group Rundown/Pickle

Get into groups of four or five students. Two students will stand at a cone or line on opposite ends of the playing area. The distance between the two should be a medium distance to where players need to make a complete throw but close enough to where they can get it to their partner in the air.

On the go signal the game starts and the idea is for the other players to make it across to the other side without getting tagged by the person standing at the cone that the runners are trying to get to. Every time a player gets to the opposite side it counts as a score. If a player runs towards the cone on the opposite side but then turns back to the cone they left from a point is not scored. If a player is at a cone or on a line then they are safe. If a runner gets tagged by a thrower then the two players switch places. Throwers must stay at their cone or line. They cannot run with the ball. Play for a few minutes and see how many points they can accumulate. Play a second round to see if each player can beat their previous score.

Fowling-

This game is a combo of throwing a football, cornhole and bowling. The object of the game is quite simple. From a designated line, players will throw a football in an attempt to knock down all of their bowling pins, cones, foam brick, etc. The distance from the throwing line to the pins is up to the players. Each player gets two turns to throw ala bowling. Count how many you knocked down and it becomes the other player's turn.

Bounce Ball

Objective: (1) To score points by throwing gator balls towards the opponents back wall. (2) To stop balls from hitting your back wall.

Equipment: 5 similar colored gator balls (per game), cones to divide games, scoreboards (optional).

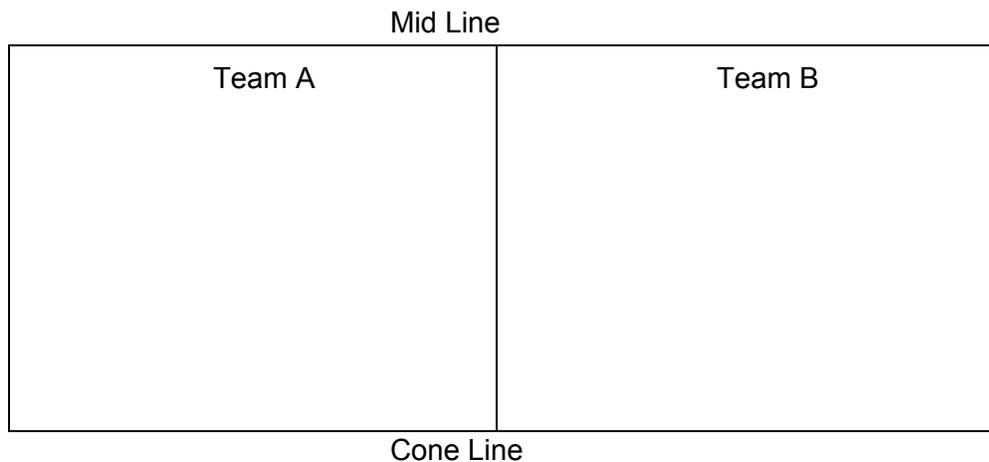
Game Set-Up: Place a line of cones to separate game areas.

Rules of Engagement:

- Pick teams and place them on opposite sides of the midline of the game.

- Put out the 5 same color balls.
- To score, a ball must be thrown or rolled over the midline. In the case of thrown, the ball must **bounce at least one time** before hitting the opponents back wall.
- There are no assigned positions. Teams must work that out as they play. Any player can throw as well as “guard the wall”.
- If a player scores a point, they go to the scoreboard and either give their team a point or take a point away from their opponent.
- Players may not cross the mid-line of the game.
- Players may stop a ball with any part of their body but may not kick balls.

Variations: Add an invasion element.
 Use kicking and/or throwing



Four Down Football

Game is played just like traditional touch football however each team is only allowed four plays in which they are required to score. If they do not score in four plays or less then it is a turnover. Each possession starts at their opponents goal line and they must score across their own goalline on the other side of the field.

Modifications-

-Field Size

-one hand touch vs. two hand touch

-substitute out a football for another type of ball

-for emerging throwers and catchers: if a ball is thrown to you and you at least touch the ball, it counts as a completion. You may not advance a catch in this game if it is not caught.

-Play as the play is dead when the catch is made. Players are unable to advance after a catch.

Three Court Ball –Teams of two or three. Mark playing area into a moderate size rectangle and then divide the rectangle into thirds. Each team will stand in the outer thirds of the rectangle with the middle third empty. The object of the game is for a player from a team to throw the ball into the middle of the court (middle $\frac{1}{3}$) and have it bounce on the other team's $\frac{1}{3}$ area. The opposing team is trying to catch the ball in the air after the initial bounce in the middle. If the ball is bounced in the middle and the opposing team catches it, no point is scored and the catching team now takes a turn throwing it. If the catching team drops it, a point is awarded to the throwing team and now the catching team takes a turn. If a ball is bounced off the middle and then lands outside of the opposing team's boundaries then no point is awarded. Play to eleven and win by two.

Rescue the Princess

Movement skills / concepts

Aim and Accuracy

Objective is to defeat all the dragons and save the princess.

Participant Grouping

Two equal teams of 4 or more players.

Equipment

Balls (e.g. beach, foam, tennis) x 1 ball per player

Large Cones x 2

Large round balls to sit on top of cone x 2

Targets: 8 smaller cones (dragons). Ideally 4 of one colour and 4 of another colour to distinguish opposing teams.

Activity

1. Teams will choose 4 cones each and place them on a line 10 metres away from the centre of the play area.
1. In the centre of the cones is a larger cone with a ball placed on top. This represents the princess on her tower who needs to be saved.

1. Each team member is given an object to throw with (e.g. tennis ball, beanbag, etc).

1. In order to save the princess, players must knock down opponents 4 cones (dragons), using a ball, and then knock the princess (ball) off her tower (cone)

1. Players may only retrieve the objects they have thrown after everyone on both teams has thrown their object.

1. The first team to defeat all the dragons and save the princess wins!

Variations

Time limit: Add a time limit in order to try and save the princess

- Add more princesses to be saved
- Add more dragons or make them more difficult to knock down.

Hula Hut Throw Down

OBJECTIVE:

EQUIPMENT:

- Gatorskin balls (30+; the more the better)
- 36" Hula hoops (36+; the more the better)
- Trashcans or barrels (4)
- Basketball goals (2; set between 8' to 10')
- 28" Traffic Cones (2)
- Optional: Jerseys for at least one team are recommended, but not required

PROCEDURE:

Before classes arrive, place all Gatorskin balls in the center of the gym and place half the hoops around one traffic cone at the center of the sideline and the rest of the hoops around the other cone at the opposite center sideline (see diagram). Finally, place one trashcan in each corner of the gym. The object of the game is to be the team with the most Hula Huts built when the time expires.

Divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. Provide a brief explanation of the Scorer, Builder, Gatherer, Protector, and Destroyer positions (described below), informing students that they can choose and change any position at any time during the game. Also, provide a quick, one-time demonstration of how to build a hula hut. To build a Hula Hut, place one hoop on the ground (the foundation). Place two hoops on

the inside edge of the foundation, but on opposite sides of each other. Lean them together at 45-degree angles. Place two more hoops on the inside edge of the foundation, but on opposite sides of the other two hoops. Again, lean them together at 45-degree angles over the first two hoops. The sixth hoop, which is the roof, is placed on top to hold the walls in place. See Figure...

To Begin:

On the teacher's signal,

"Scorers" (everyone will be scorers at this stage in the game) will begin throwing the Gatorskin balls, trying to score them into the basketball goal or corner trashcans located on the opposite end of the gym. All players who make a shot into the basketball goal are allowed to go and "capture" one hoop from either cone to take and put on their team's side. All players who score a ball into the trashcan are allowed to go and "capture" two hoops from either cone to take and put on their team's side.

Note:

Encourage scorers to go and get the scored balls out of the trashcans before getting the hoops. Each team will continue the "hoop capturing" process for the entire game, keeping in mind that for every six hoops captured, one Hula Hut may be built. Once a Hula Hut is built, the four positions of Builder, Gatherer, Protector, and Destroyer may be instituted. Each of the positions, other than the Scorer, that can be performed during each game will be defined as:

1. "Builders" are any players who choose to help build a Hula Hut each time six hoops have been captured.
2. "Gatherers" are any players who choose to cross the midline and go to the opposing team's side to gather balls to bring back to their team's side. The Gatherer position is important, especially when there are not many balls available on a team's side.
3. "Destroyers" are any players from the opposing team who choose to roll or throw balls with the intent to destroy or knock down Hula Huts.

Each Destroyer who knocks down a Hula Hut, causing all the hoops to fall to the ground, must cross the midline and gather the six hoops from the fallen Hula Hut and place them back around one of the traffic cones for the chance to be re-captured again.

4. "Protectors" are any players who choose to do whatever it takes to defend a Hula Hut from the destroyers' rolled or thrown balls.

Note: nobody, other than the Protectors who guard the Hula Huts, are allowed to play defense by blocking balls or guarding the trashcans at any other time

during the game. Scorers will continue to capture hoops that are still available,
Builders will continue building Hula Huts for every six hoops that are captured,
Gatherers will continue retrieving balls from the opposing team's side,
Protectors will continue protecting as more Hula Huts are built, and
Destroyers will continue