

# Throwing WEEK FIVE

**THIS SET OF LESSONS PROVIDES**

games and activities  
to help children develop  
throwing skills, fitness,  
strength, body awareness,  
and spatial concepts.



***Special Olympics***  
**young athletes™**

[www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)



## Overview

**Lesson Plans (Day One, Day Two, Day Three) provide details to help you plan and carry out the Young Athletes program with a group of children between the ages of 2 and 7 years old.**

**Adults Needed:** Plan for at least 1 adult for every 4 children. Recruit help from families, volunteers, older students, college students and others in your community to make sure the program runs smoothly and is fun.

**Time:** Young Athletes is implemented with great enthusiasm, high energy and quick pace. Time estimates are provided to guide completion of each lesson in 30 minutes. However, the pace and length of the lesson should be matched to the needs, interests, ages, and skills of the young athletes in your group.

**Sequence:** There are three lessons for each skill area labeled Day One, Day Two and Day Three. Lessons within the skill area are designed to be offered in sequence to help children become acquainted with the activities and build skills through repetition.

**Resources:** The Lesson Plan Summary Cards include an outline of the activities, list of equipment needed, and page numbers to find the activity descriptions. The cards, Young Athletes Activity Guide, Suggestions from Teachers, and training videos are included in the online Toolkit (see website below).

**Playing at home:** Give families the Lesson Plan Summary Cards and encourage them to sing the songs and play one or two games with their child at home before the next session. Help them learn about the activities by including them in your group sessions and/or providing a family training session. Be sure they have access to the Activity Guide and Videos for more information.

**>> See the Young Athletes Toolkit online at:**  
[www.specialolympics.org/youngathletes](http://www.specialolympics.org/youngathletes)

## Opening Sports Song (4 min.)

**PURPOSE** Start each Young Athletes class with a gathering/warm-up song with motions. Use a common melody and motions that children have done before or are familiar with. This will help them warm-up, serve as a gathering activity, create body awareness and support adaptive skills (follow directions, sing along, imitation of motor movements).

**EXPLAIN** "Let's start Young Athletes with our Sports Song. Sing along with me and do what I do."

**SING** **Wheels on the Bus melody:**

- The athletes in our class touch their toes (bend and stretch), touch their toes, touch their toes. The athletes in our class touch their toes - all through the day.
- The runner on the team goes run run, run, run run, run, run run run. The runner on the team goes run run run - all through the town.
- The player on the court jumps up and down, up and down, up and down. The player on the court jumps up and down - all through the game.



**Rolling** (5 min.)

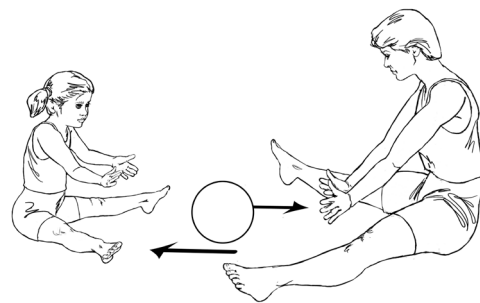
**EQUIPMENT** Slow motion ball, cones, floor markers placed next to cones

**PURPOSE** Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements)

**DEMONSTRATE AND LEAD** Sit with legs extended out to the side facing the child. "Let's sit down like we did last week –with our legs out. Now let's roll the ball." Roll the ball back and forth.

**Tip:** Remind athletes to keep their eyes on the ball and to use the floor markers as an indicator of where to sit, kneel or stand.

- Great – now legs try rolling the ball while we kneel. Roll the ball from half-kneeling position.
- Okay. Now let's stand up and roll the ball between the cones to make a goal.
- Encourage the child to roll the ball from a standing position so it passes between two cones. This can be done against a wall alone, or with a partner athlete on the other side of the cones, mirroring one another, with the same task to make a goal.



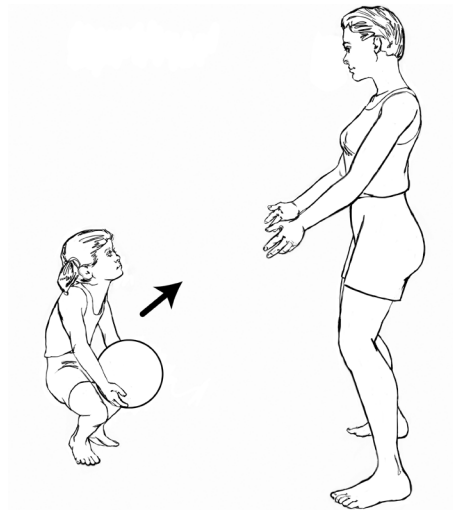
## Two-Hand Underhand (5 min.)

**EQUIPMENT** Slow motion ball for each pair of athletes, floor markers

**PURPOSE** Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements)

**DEMONSTRATE AND LEAD** Arrange athletes so that they are standing face to face with another athlete and use floor markers to give athletes a reference point of where to stand, if needed. Arrange the athletes about 3 feet, or one athlete's body length apart.

- OK athletes, just like we're going to practice throwing these balls to our partners.
- Take the ball and put it in your hands. Look at my/your partner's hands and throw the ball into my/their hands. Be sure to point your fingers down!
- This is an UNDERHAND throw. We can throw the ball back and forth to our partners!
- Progress to having athletes stand further away.



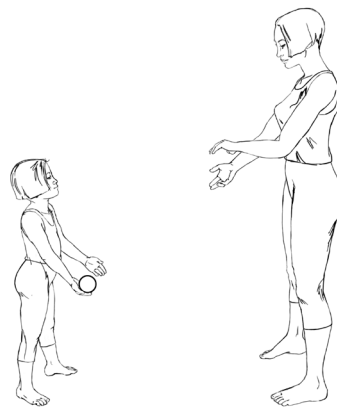
## Underhand Toss *(6 min.)*

**EQUIPMENT** Small foam ball, bean bag

**PURPOSE** Motor coordination, general fitness, motor skills

**DEMONSTRATE AND LEAD** “Athletes—let’s make a circle and we can toss the ball/beanbag to each other. Hold the ball/beanbag like this”. Fingers should be facing down when tossing a ball underhand. Foot opposite the hand tossing the ball should always be forward in an open stance.

- Throw the ball or beanbag to the athlete standing next to you. Encourage the child to stand with bent knees holding the small ball or beanbag in his/her hand.
- Ask the child to toss the ball or the beanbag to the child standing next to him/her and have the ball/beanbag go around the circle.
- Keep going—everyone gets a turn throwing the ball/beanbag. Remember to keep your fingers down when tossing underhand.



## Two Hand Throwing (overhead) *(6 min.)*

**EQUIPMENT** Slow motion ball

**PURPOSE** Motor coordination, general fitness, motor skills

**DEMONSTRATE AND LEAD** "Now we are going to throw the ball. Watch how I do it."

"Stand sideways with one foot a little bit in front of the other one. This is called a sideways stance. Raise your hands over your head. Bend your arms. Now throw the ball."

- Encourage the child to stand in a sideways stance and to rock back and forth. As the child rocks to the back foot ask them to raise their hands over their head.
- When rocking forward encourage the child to bring their arms forward as well as overhead to throw the ball towards you. Practice throwing several times.
- That was great! Good job.

## Closing Sports Song *(5 min.)*

**PURPOSE** End each Young Athletes class with a closing/cool-down song with motions. Use a common melody and motions that children have done before or are familiar with.

**EXPLAIN** "It is time to end Young Athletes. Let's sing If You're Happy and You Know It. Sing along with me and do what I do."

- SING**
- If you're happy and you know it, clap and stomp (wiggle your body; fly like a bird: walk around with arms outstretched)
  - If you're happy and you know it then your face will really show it if you're happy and you know it clap and stomp, (wiggle your body; fly like a bird: walk around with arms outstretched).



## Opening Sports Song *(3 min.)*

**EXPLAIN** “Let’s start Young Athletes with our Sports Song (Wheels on the Bus melody). Sing along with me and do what I do.”

### **SING AND DEMONSTRATE** **Wheels on the Bus Melody**

- The athletes in our class hop up and down, up and down, up and down. The athletes in our class hop up and down - all through the day.
- The swimmer in the pool goes slash splash splash, (splash motion with hands), splash splash splash, splash splash splash – all through the pool.
- The swimmer in the pool goes splash splash splash - all through the pool.

## Underhand Toss *(6 min.)*

Repeat the Activity from Day 1.

## Two Hand Throwing *(5 min.)*

Repeat the Activity from Day 1.



## Overhand Throwing (6 min.)

**EQUIPMENT** Small foam ball

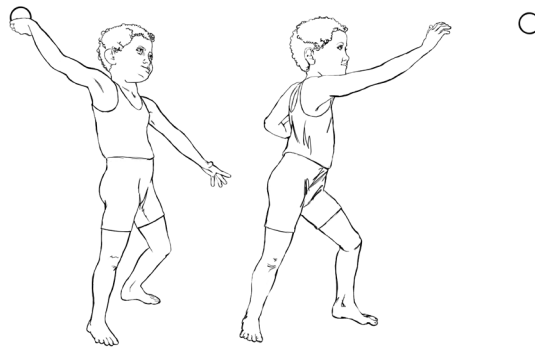
**PURPOSE** Motor coordination, general fitness, motor skills

### DEMONSTRATE AND LEAD

**Tips:** The hips and shoulders should rotate forward; The arm should bend at the elbow and then straighten at the release of the ball; Wrist should snap downward when the ball is released.

This uses the same techniques as two hand throwing but encourage the child to use one hand, bringing his/her arm back and forward the throw the small ball towards you. "Now let's throw this smaller ball like I am doing with just one hand."

- Stand in your sideways stance.
- Bring the hand holding the ball up over your head.
- Bend your arm at the elbow.
- Now throw the ball.
- That was great! Good job. Let's do it again.



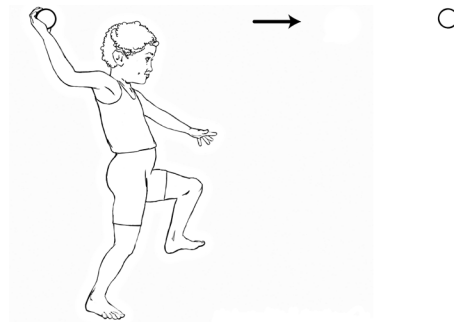
## Throwing for Distance *(6 min.)*

**EQUIPMENT** Small foam ball or bean bag, floor markers, hoops set up on cones. Set up markers about 3 feet apart.

**PURPOSE** Strength, general fitness, motor skills

**DEMONSTRATE AND LEAD** Encourage athletes to throw the ball at the markers, then through the hoops.

- Now we are going to throw the ball at the first star/floor marker. Great—now go and get it and throw to the second star/floor marker. Wow—can you throw it to the third star/floor marker?
- Move over to the hoop. One athlete stands on a marker to throw the ball and the other athlete stands by the hoop to retrieve it. Now let's throw the ball or beanbag through the hoop. Look you made a basket!
- Have another athlete pick up the ball and take their turn throwing it. Vary distances according to ability.



## Closing Sports Song *(4 min.)*

Repeat the song you used in Day 1 to end the Lesson.

## Opening Sports Song (3 min.)

**EXPLAIN** "Let's start Young Athletes with our Sports Song (Wheels on the Bus melody). Sing along with me and do what I do."

### SING AND DEMONSTRATE **Wheels on the Bus Melody**

- The athletes in our class touch their toes (bend and stretch), touch their toes, touch their toes. The athletes in our class touch their toes - all through the day.
- The pitcher on the team throws the ball, throws the ball, throws the ball. The pitcher on the team throws the ball - all through the game.

## Review of Underhand Toss (4 min.)

**EQUIPMENT** Small foam ball, bean bag, hoop (NOTE: Hoop can either be held by an adult or set up on the top of the cone).

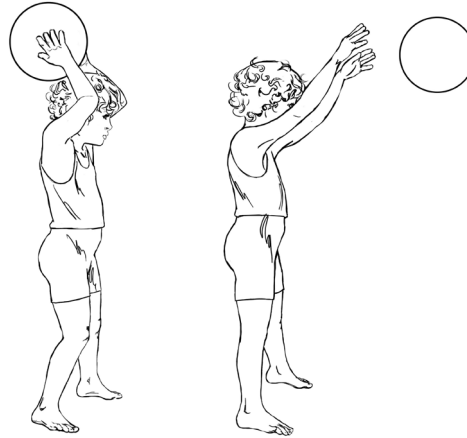
**SING AND DEMONSTRATE** "Today we are going to make baskets with the ball/beanbag in front of the hoop."

- Hold the ball/beanbag like this (show fingers facing down). Stand like we did before, sideways with one foot in front of the other.
- Now throw the beanbag/ball through the hoop. Great—you made a basket.
- Have another athlete at the hoop pick up the ball and take their turn throwing it. Vary distances according to ability.



**Two Hand Throwing** (4 min.)

Repeat the Activity from Day 1 and 2.



**Overhand Throwing** (4 min.)

Adapt the Activity from Day 2, by encouraging athletes to use one hand, bringing his/her arm back and forward to throw a small ball towards you.

**Throwing for** (4 min)

**Distance and Accuracy**

Repeat the Activity from Day 2.

## Ball Tapping (4 min.)

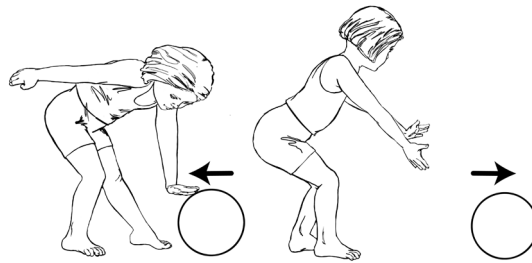
**EQUIPMENT** Beach ball or slow motion ball, floor markers

**PURPOSE** Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements)

**DEMONSTRATE AND LEAD** Tap a beach ball toward the child. "Tap the ball across the floor back to me— keep your hand open."

**Tips:** Eyes should be focused on the ball; Encourage the child to follow through by twisting his or her belly forward and clapping the hands out in front.

- Progress to having the child stand sideways with 1 foot on each of two markers (front/back).
- Toss a beach ball to the child and have him/her hit the ball with an open hand.
- Great job!



**Handball** (4 min.)**EQUIPMENT** Beach ball, cone**PURPOSE** Motor coordination, flexibility, general fitness, motor skills, and adaptive skills (following directions, imitating motor movements. Introducing Week 6 skills).**DEMONSTRATE AND LEAD** “Now we are going to see if we can hit this ball off the cone. Watch – keep your hand open and hit it like this.”

- Place the ball on the cone and hit it with an open hand or fist.
- Line athletes up opposite the cone to take turns hitting the ball and bringing it back.
- OK, now you do it. Good job!

**Closing Sports Song** (3 min.)

Repeat the song you used in Day 1 and 2 to end the Lesson.



**You have finished Week Five: Throwing Lessons.  
You can now begin Week Six: Striking.**