

PE Virtual Learning

3rd Grade Movement/Throwing

April 6-10, 2020



3rd Grade PE Lesson: Movement/Throwing

Learning Target:
Students will step towards target with opposite foot

Background: This is a review from throwing in PE

- Students will throw safe objects outside
- Students will throw towards a target (thing or person)

Warm UP: 1- get some blood pumping by safely running in a safe place for 2 minutes. 2- bear crawl about 100 feet to warm up your shoulder and arm muscles for throwing.

Let's Get Started:

Watch Videos:

- 1. Throwing with Opposition video
- 2. Overhand Throw video

Practice #1:

Throw something small 20x's Throw something medium sized 20x's

Which items are easier to throw?



Practice #2:

What items are easy to throw a long distance? Can you still hit your target from a long distance?



Practice #3:

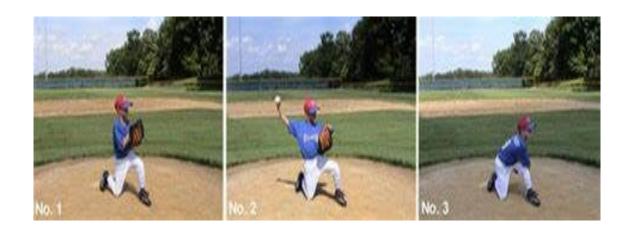
- 1. Play a game of catch with someone in your own family showing off your stepping with opposition.
- 2. To challenge yourself try to also catch from the thrower using two hands (not your body)

Practice on your own:

- 1. Select a ball that can bounce
- 2. Then take a small step towards your target with the opposite foot and throw it at the ground and try to catch it
- 3. If there is a solid wall that parents approve of keep track of how often you hit your target from 10 feet and from 25 feet.

MORE Practice on your own:

- 1. Try throwing from sitting on the ground
- 2. Try throwing from one knee on the ground



MORE Practice on your own:

- 3. If you have another family around, try to close your eyes and throw at their voice every other throw.
- 4. If by yourself, just go back to throwing while stepping at target with opposite foot to see if your accuracy or distance has gotten any better
- 5. Play a game with throwing, maybe monkey in the middle like how we have already played in PE class or another game you know

Self Check: Go tell someone in your home your answers.



- 1. Was this lesson?
 - easy,
 - ☐ just right
 - □ hard
- 2. Why? Try to teach someone else how to throw (stepping with the opposite foot)