



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)