


<p>LEARNING OBJECTIVES</p>	<p>WARM UP Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>		
<p>1. Be able to identify which method of throwing is the most effective; 2. Know and understand the importance of throwing and following through; 3. Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.</p>	<p>MAIN ACTIVITY Measure how well you can throw:</p> <ul style="list-style-type: none"> - For height (eg bounce the ball and try to clear the barrier) - For distance - With run-ups or without - Using different equipment (eg hoops, large and small balls, quoits, mini-discus, beanbags) <p>See if you can improve the distance or height you throw, and set your own targets for improvement.</p> <p>Cool Down Relaxing activity/game of choice and Q & As.</p>	 <p>1 Measure - low high and far you can throw by:</p> <ul style="list-style-type: none"> - bouncing a ball over a barrier - running up and throwing - throwing different equipment. <p>2 Try to throw higher and further.</p> <p>3 Set yourself a target for your next throw.</p>	<p>EXTENSION Explore sending the ball in other ways (eg hitting the ball)</p> <p>EASIER Throw over imaginary heights and distance markers; Allow pupils 3 or more chances to gain their best score. Allow underarm throws and rolling the ball.</p> <p>HARDER Throw over physical heights (eg basketball hoops) and past viable markers (eg cones 2m apart); Only allow balls that land in an identified area; Use larger and lighter balls.</p>
<p>LEARNING CHALLENGE</p>			
<ul style="list-style-type: none"> • I can measure how high and far I can throw; • I can try to throw higher and further; • I can set a target for myself on the next time I throw. 			