






<p><b>LEARNING OBJECTIVES</b></p>	<p><b>WARM UP</b> Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>	
<p>1. Be able to consciously change their body positions before completing a throwing action;</p> <p>2. Know and understand how changing the body positions during throwing affects performance;</p> <p>3. Develop a broader range of skills.</p>	<p><b>MAIN ACTIVITY</b> The purpose of this activity is to investigate the relationship between the height or trajectory of a throw and the distance achieved. Using pushing, pulling and slinging actions, and a variety of equipment, pupils try to hit targets or markers at varying distances from the point of throw (eg using pulling action and a tennis ball or a javelin, with markers at 3m, 5m, 7m, 11m, 15m and 20m). Pupils find out how the positions of the body and feet change as the target gets further away. Set a target near the maximum distance and have pupils try to reach it or go further.</p> <p><b>Cool Down</b> Relaxing activity/game of choice and Q&amp;As.</p>	 <p>1 Standing behind your line, throw a ball at each of the targets in turn.</p>  <p>2 Change the position of your shoulders for every throw (right shoulders forward, then left shoulders forward).</p>  <p>3 Change the position of your feet for every throw.</p>  <p>4 Find out which body positions produced your most accurate throws.</p> 
<p><b>LEARNING CHALLENGE</b></p>		
<ul style="list-style-type: none"> <li>• I can throw a ball standing behind a line;</li> <li>• I can change the position of the shoulders for every throw;</li> <li>• I can change the position of the feet for every throw.</li> </ul>	<p><b>EXTENSION</b> Use a variety of equipment, including non-aerodynamic flying objects.</p> <p><b>EASIER</b> Use a leader to physically hold the thrower's body steady in the adopted position; Count throws that land within a target's surrounding areas; Use lightly weighted, easy to hold and dynamic throwing objects (eg tennis balls).</p> <p><b>HARDER</b> Only count throws that hit or land on a target; Only allow progression to the next target once the previous throw is successful in hitting the target; Use sitting and kneeling in addition to standing throws.</p>	