

How Your Body Moves (Throwing)

Learning Objectives

- I can recognize how different parts of my body work together to complete a throw (K.2a, K.3a)

Teacher Notes

- Equipment Needed- Pen/pencil, piece of paper, something to throw
- Students will also need some room to make a throw which makes this a great outdoor activity.
- (optional) Start the lesson with the “Parts of the Body” Song (see link below in Resources/References)
- Dominant hand- your “good hand” with which you write your name or color a picture.
- Opposite side- the other side of your body when looking at your dominant hand.

Lesson Steps: Video Outline

[<https://drive.google.com/file/d/1hIKuCxYG3kW6aQkUBFjFk5TzobjZCH2g/view?usp=sharing>]

Step 1 Introduction

- Ask before the video: What part of your body do you use to make a good throw?
- The parts are explained in the video (eyes, arm, foot, side).

Step 2 Activity

- Estimated Steps- Students will make a throw, guess how many steps it takes to get to that throw (write it down), and then measure it and see how close their estimate was. Repeat three to five times (math integration: estimating).

Step 3 Closure

- Ask after the video: What were the four parts of your body that we used to make the throws **AND** how did they work together? [stand with opposite side to target, look at target, step with opposite foot, throw with dominant arm]

Assessments

- Pre Assessment- Call and Response: What part of your body do you use to make a good throw?
- Post Assessment- Call and Response or Demonstration: How did those four body parts we used work together [often with the verbal answer you want to hear someone mention using the body parts in the correct order].



Sample Lesson Plan
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Kindergarten - K.2a, K.3a

Extensions/Connections/Applications

- If students are in small spaces, have the students measure by the length of their feet (heel to toe steps).
- Can they name another movement, the body parts used, and the order in which they are used?

Resources/References

- Overhand Throw Cues- <https://vimeo.com/521105567>
- Parts of your Body Song- <https://www.youtube.com/watch?v=BwHMMZQGFoM>