

OHTP Game-Time Progression

by
Kelly E. Duell, M.A.

Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will use practice overhand throwing pattern.
- The student will practice using proper catching technique.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large, flat area is best such as a cafeteria, blacktop, or gym.

Equipment & Materials Needed:

- One (1) ball per pair of students.
- Four (4) cones to designate the boundaries.
- Chalk, rope, cones for middle dividing line.

Set-Up:

- Place the cones around the perimeter of the playing area.
- Place cones (or draw line) indicating the throwing line.

Description of Learning Activities:

- Review overhand throwing pattern.
- Review catching pattern.
- Practice:
 - Wrist flip.
 - Forearm extension.
 - Trunk rotation-one knee.
 - Trunk rotation-standing.
 - Ball-Ear placement.
 - Non-dominate foot in front of dominate foot; trunk rotation, forearm extension, wrist flip.
 - Dominate foot in front of non-dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip.
 - Dominate foot in front of non-dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip, follow-through step.
- Three steps off the throwing line; walk up to throwing line, plant with the dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip, follow-through step.
- Five steps off the throwing line; walk up to throwing line, plant with the dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip, follow-through step.
- 15 steps off the throwing line; jog up to throwing line, plant with the dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip, follow-through step.
- 15 steps off the throwing line; run up to throwing line, plant with the dominate foot; “rock”, step, trunk rotation, forearm extension, wrist flip, follow-through step.
- Partner slightly jogs closer or further away; thrower attempts to “hit them in the chest” with the ball.
- Rotate positions.

Authentic Assessment:

- Teacher observation of students’ social support and group cooperation working with their partner.
- Students give themselves an assessment regarding how they interacted with their partner.
- Ask the students what strategy they used when throwing their object.
- Instructor may use a skills checklist to determine skill level of each student, for overhand throwing pattern.