

## OHTP Skill Builders

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.
- One (1) mat 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 the mats in two (2) lines, across from one another.
- Place cones (or draw line) indicating the throwing line.

### **Description of Learning Activities:**

- Review catching pattern.
- Each student sits on ½ of a mat, facing their partner.
- Each student performs 3-5 wrist flips, to their partner.
- Partners should use proper catching pattern to catch the balls.
- Each student performs 3-5 forearm extension, to their partner.
- Students sit-tall on one knee (non-dominate knee is up).
- Each student performs 3-5 trunk rotations, to their partner.
- Students stand with non-dominate foot in front of their dominate foot.
- Students move the ball to the proper placement: 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.

### **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.
- Instructor may use a skills checklist to determine skill level of each student, for overhand throwing pattern.