

Intermediate Throwing Pattern  
Hawaiian Games with Spears/Javelins  
by  
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**Grade Level:** K-12

**National Standards:**

#1: #2: #5: #6:

**Learning Objectives:**

- The student will practice proper overhand throwing pattern.
- The student will practice proper safety precautions while participating in this type of activity.
- The student will work cooperatively in a shared space and maintain proper personal responsibility.
- The student will use proper social support.

**Space Needed:**

- A large grassy area is best; however a cafeteria, blacktop, or any flat surface is acceptable.

**Equipment & Materials Needed:**

- One noodle per student.
- Two lines per student, may be a line drawn from chalk; taped on gym floor; edge of sidewalk.
- Cones to divide student's individual space (optional).

**Set-Up:**

- Mark the ground with two lines, one as the line the student's feet should not go over; the second line should be three steps back, as the beginning line. These lines should be parallel to one another.
- Use the cones to designate student's self spaces by placing them in between where the students will be standing.
- Place a noodle in each student's space.

**Description of Learning Activities:**

Throwing Pattern:

- Students all stand in a line, two arms lengths away.
- Non-throwing arm should be shoulder height; pointing to the target; with a arm straight out; palm down.
- Standing throw has the same foot pattern as overhand throwing pattern: same foot, same hand; "Rock", Step, and Throw with follow through pointing to the target.

Moving throw: start with same foot, same hand; shuffle forward, keeping same foot, same hand in front; shuffle 1, 2, 3, then step opposite; throw spear/javelin; follow through pointing to the target.

- May practice running from a distance, shuffling, then "Rock", Step, and Throw.

**Authentic Assessment:**

- Teacher observation of students' overhand throwing pattern.
- Teacher observation of students' social support.
- Teacher observation of students practicing the safety regulations.
- Teacher may design a check-off sheet of the proper overhand throwing technique and while observing students, mark the check sheet.

