

The Throwing

Category: Motor Education

ORGANISATION OF THE EXERCISE

Duration: 30 minutes

Arrangement: Outside the classroom, 3 groups of children

Age: 3 to 6 years old

Materials: Balls, balloons, sandbags, corks, pencils, ropes, pieces of wood, dustbins, hoops, or bicycle tyres

Objective(s): To develop precision in throwing motion.

CONDUCT OF THE EXERCISE

Motivation for the Exercise:

The educator says:

"Last night in my neighbourhood, I saw some children playing a game. It looked like so much fun, and I'd love to show it to you! Would you like to see it?"

Children respond.

"Today, we're going to learn how to throw! Who has thrown something before? Who wants to learn how to throw?"

The teacher presents the equipment prepared for safe throwing activities.

Exercise

Group 1: Long Throw

Set-up: The instructor marks the starting point on the ground. Marks are made every 20 cm (the distance may vary depending on the age group), using pieces of wood or rope.

The instructor explains that the goal is to throw as far as possible. One by one, the children throw their object as far as they can. Older children can count how many markers their object has passed and compare performances.

Variations: Start by throwing smaller objects (corks, pencils), then progress to larger objects (balls) to vary the motion and required force.

Group 2: Throwing at a Ground Target

Set-up: The instructor marks the starting point on the ground. A bin or cardboard box is placed 50 cm from the mark (distance may vary by age group).

Sequence: The instructor explains that the aim is to throw objects into the bin or box. Children take turns throwing their object into the target.

Variations: Begin with smaller objects (corks, pencils), then move to larger ones (balls) to vary the gesture and force. The target can be moved farther away, and three targets can be placed at

different distances (50 cm, 70 cm, and 1 m, at the instructor's discretion). Children can choose which target to aim for.

Group 3: Throwing at a High Target

Set-up: The instructor marks the starting point on the ground. A target (hoop or bicycle tyre) is hung from a branch or other support at child height.

Sequence: The instructor explains that the goal is to throw into the high target. Children take turns throwing their object into the target.

Variations: Start with large objects (balls), then progress to smaller, lighter ones (corks, pencils) to vary the gesture and strength.

Three targets can be placed at different heights (80 cm, 100 cm, and 120 cm, at the instructor's discretion). Children can choose which height to aim for.

Extension:

The instructor will repeat the session several times to allow each child to try all three types of throws. This enables the children to explore and improve their skills.

Assessment of Learning: N/A