

PHED 1223 – Fundamental Movement – Relay Example

Movement: Throwing

Equipment: 2 hula hoops for every 4 people, 2 balls for every 4 people, gym space

Focus: Proper throwing mechanics. Refer to the sheet: The Basic Mechanics of the Throw. Watch the players carefully as they play, and give consistent and positive feedback on the successful mechanics of throwing.

Description:

- Establish a throw line 2 meters off the wall of the gym that allows the maximal throwing distance.
- Put out a pylon on the throw line for each team to stand behind.
- The teams are made up of a group of 4.
- Each team will have 2 hula hoops laid out on the floor in front of them. The distance of the hoops from the throw line will be determined by the throwing skill level of the participants.
- 2 members of the team stand behind their pylon, each of them will have a ball – they will stand one behind each other and each take turns throwing.
- The other 2 team members each stand in one or the other, of the 2 hoops laid out on the floor.
- On the whistle, the player at the front of the line of each team will throw their ball to one of their teammates standing out in the hoops.
- The player in the hoop attempts to catch the ball. Both of their feet must be inside the hoop at all times for the catch to be fair.
- If the catch is incomplete the thrower must run out and retrieve their ball and get back to the throw line. Once they are back to the throw line, the second player throws their ball to one of his/her teammates in either of the hoops.
- When there is a successful catch, the player who caught it runs to the throw line to join their team.
- Once both players have made their catches, and all players are across the throw line, the relay is done for that team.
- Once 3 teams are done, re-start the relay and be sure to switch the throwers and the catchers.

Increase the Difficulty:

- Increase the distance of the hoops
- Decrease the size of the ball
- Switch to a non-dominant arm throw