K-5th

**Date**

**Week at a Glance**

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| --- | --- | --- | --- | --- | --- |
| **Day** | **Warm-Up** | **Instructional Block** | **Classwork** | **Closing** | **Homework** |
| ***Day 1*** |  |  |  |  |  |
| ***Day 2*** |  |  |  |  |  |
| ***Day 3*** |  |  |  |  |  |
| ***Day 4*** |  |  |  |  |  |
| ***Day 5*** |  |  |  |  |  |

**Teaching Cues**

* **Face the target**
* **Object in dominant hand**
* **Step with opposite foot**
* **Arm goes back like a grandfather clock**
* **Arm swing forward and release the ball**
* **Follow through to sky/ceiling**

**Academic Vocabulary**

Aim

Throw

Underhand

Target

Opposite

Dominate

**Learning Targets:**

**How do you throw a ball and transfer your body weight from the back foot to the front foot?**

**I can demonstrate underhand throwing techniques following teacher cues**.

**Standard 1:  Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

K-2 Skill Practice

3rd-5th Flip the Hoop

Discuss and review learning cues and importance of reaction time.

Practice tossing underhand to a target.

Discussion of varies sports that use underhand toss/throw

Cupstacking Relay