

Activity Sheet

Title: The throwing 2

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, corks, pencils, ropes, pieces of wood, dustbins, hoops or bicycle tyres.

Objective(s): Developing precision in the throwing motion.

CONDUCT OF THE EXERCISE

Motivation(s) for the exercise : The educator: "In my neighbourhood last night, there were some children playing games. I'd love to show it to you because they seemed to be having so much fun! Would you like to see it? The children react. "We're going to learn how to throw! Who's already thrown? Who wants to learn to throw?" The teacher presents the equipment that the children can throw (the teacher will have prepared the necessary equipment for safe throwing by the children).

Exercise : Group 1: Long throw

Set-up: The instructor marks the starting point of the throw on the ground. He leaves a mark on the ground every 20cm (the distance will vary depending on the section), using a piece of wood or a rope.

The coach explains that the aim of this workshop is to throw as far as possible. One by one, the children throw their object as far as possible. The older children can count the number of tracks they have passed and compare their performances.

Variations: Smaller objects (corks, pencils) are thrown first, then larger objects (ball, ball), to vary the gesture and the force.

Group 2: Throwing at a target on the ground

Set up: The instructor marks out the starting point of the throw with a mark on the ground. He places a rubbish bin or a cardboard box 50 cm from this mark (the distance will vary depending on the section).

Sequence: The instructor explains that the aim of this workshop is to throw objects into the bin (or cardboard box). One by one, the children throw their object into the target.

Variations: Smaller objects (corks, pencils) are thrown first, then larger objects (ball, ball); to vary the gesture and force. The target can then be moved further away and 3 targets placed at 3 different distances (50cm, 70cm and 1m, at the instructor's discretion). The children can choose which target to throw their object at.

Group 3: Throwing at a high target

Set-up: The instructor marks the starting point of the throw on the ground. He places a target (hoop or bicycle tyre) high up, hanging from a branch for example (but at child height).

Sequence: The instructor explains that in this workshop you will have to throw into the high target. One by one, the children throw their object into the target.

Variations: The children start with large objects (balls), then throw smaller, lighter objects (corks, pencils, etc.) to vary their gesture and strength.

We can then place 3 targets at 3 different heights (80 cm, 100 cm and 120m at the instructor's discretion). The children can choose which target to throw their object at.

Extension: The instructor will repeat this session several times so that each child can do all 3 types of throw. In this way, the children can experiment and progress.

Control of acquisition: /