**Lesson Cycle**

**Lesson Title/Topic:**

**Concept: Throwing and Catching**

**Standards/Rationale: TEKS 7b-1f**

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| **Learning Target:** Upon completion of this lesson, students will be able to:* Demonstrate proper throwing techniques
* Demonstrate proper catching techniques
* Apply motor skills and hand-eye coordination to group games
 | **Assessment:** Completed Exercise Checklist |
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**Materials:**

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| **Lesson Cycle:** **(Direct instruction)**  |

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| **The teacher will:** | **The student will:** |
| **Focus/Mental Set:** * Have students answer the following questions in groups.
	+ What are the 4 most important things about a great throw?
	+ Proper grip, step with foot opposite of throwing arm, trunk should be turn to create resistance
	+ How do you successfully catch? Explain.
 | * Answer questions to the best of their abilities and critique one another on how to make their answers correct or better.
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| **Teacher Input:**Describe and demonstrate the cues to the students.**Throwing Cues/Techniques*** Make sure the side of your body that is away from the hand you are throwing with is toward the wall (if you were walking straight ahead you would walk along the wall, not toward it)
* Bring your arm back so that your elbow is almost above your ear and your hand is behind your head.
* Step forward on the foot opposite the hand you are using to throw.
* After you throw, make your arm follow the ball.
* Your hand should end up almost at your knee.

**Catching Cues/Techniques*** If the ball is above your waist, you should catch the ball with your thumbs together.
* If the ball is below your waist, you should catch the ball with your pinkies together.
 | * Absorb information on how to properly throw and catch a football.
* Get into groups of four and find a partner in the group.
* Have one person from each group get a ball
* Line up side to side stretched out along the length of the baseline.
* The remaining two students in the group sit 10 feet away, opposite their partners.
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| **Guided Practice:*** Observe and make note of the abilities of the students’ catching and throwing to one another.
 | * Get into groups of 4
* Review all safety procedures and techniques gone over in the lesson.
* Peer teach ones in their group to be able to self-evaluate.
* Perform throws and catches. demonstrated in the lesson.
* Practice throwing and catching from a distance of 10 feet.
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| **Independent Practice:*** Provide detailed directions to the groups of 4, and rules to the Seated Group Throw (a fitness test of strength, power, and proper technique).
 | * Throw using both hands
* Throw to each other with a high arch
* Throw with non-dominant hand
* Throw from 10 feet away
* Catch with both hands
* Catch with one hand
* Catch with non-dominant hand
* Complete 10 consecutive successful “passes” between partners
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| **Closure:**Recap the cues: **What are the cues for throwing?*** Make sure the side of your body that is away from the hand you are throwing with is toward the wall (if you were walking straight ahead you would walk along the wall, not toward it)
* Bring your arm back so that your elbow is almost above your ear and your hand is behind your head.
* Step forward on the foot opposite the hand you are using to throw.
* After you throw, make your arm follow the ball.
* Your hand should end up almost at your knee.

**What are the cues for catching?*** If the ball is above your waist, you should catch the ball with your thumbs together.
* If the ball is below your waist, you should catch the ball with your pinkies together.
 | * Ask questions on the information that they aren’t sure of.
* Answer the recap questions as a group aloud.
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| **Options:** |   |
| ***Enrichment:*** | ***Reteach:*** |

**Modifications/Correctives:**

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**References:**