

# Unit 3: Underhand and Overhand Throwing

Content Area: **Unified Arts**  
Course(s): **Physical Education 1**  
Time Period: **October**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

---

Students will be introduced to throwing an object from a standing position. They will learn the proper form to have success with the overhand and overhand throw, which will give them confidence to play a variety of sports.

## Student Learning Objectives

---

Students will learn...

- the three cues (step, tick, tock) of the underhand throw with developmentally appropriate control.
- the four cues (step, point, "L", throw) of the overhand throw with developmentally appropriate control.
- how to correct movement errors in response to teacher and partner feedback.

## Essential Questions

---

- What is the difference between underhand and overhand throwing?
- How do you perform an overhand throw using proper technique, accuracy, and force?
- How do you perform an underhand throw using proper technique, accuracy, and force?

## Enduring Understandings

---

Students will understand that...

- there are three cues (step, tick, tock) of the underhand throw.
- there are four cues (step, point, "L", throw) of the overhand throw.
- it is important to throw with proper technique, accuracy, and force.

## Application

---

Students will be able to independently use their learning to...

- perform an overhand throw with proper technique, accuracy, and force.
- perform an underhand throw with proper technique, accuracy, and force.

## **Skills**

---

Students will be skilled at...

- distinguishing between an overhand and underhand throw.
- throwing a ball with proper technique, accuracy, and force.

## **Resources**

---

- Kidz Bop Music (iTunes)
- PE Central ([www.pecentral.org](http://www.pecentral.org))
- Prior Teacher Knowledge
- Teacher Created Rubric