

Unit 3: Underhand and Overhand Throwing

Content Area: **Unified Arts**
Course(s): **Physical Education 2**
Time Period: **October**
Length: **10 Days**
Status: **Published**

Unit Summary

In this unit, students will learn the three cues (step, tick, tock) of the underhand throw with developmentally appropriate control. In addition, students will learn the four cues (step, point, "L", throw) of the overhand throw with developmentally appropriate control. Lastly, this unit will focus on how to correct movement errors in response to teacher and partner feedback.

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)
- Prior Teacher Knowledge
- Teacher Created Rubric