



Underhand Throwing

Butterfly Catching

STUDENT TARGETS

- ✔ **Skill:** Underhand throwing
- ✔ **Cognitive: Offense vs. Defense**
- ✔ **Cognitive: Over and Under**
- ✔ **Fitness:**
- ✔ **Personal & Social Responsibility:**

TEACHING CUES

- ✔ Swing, step, fly (underhand throwing)
- ✔ Make a flower (catching)

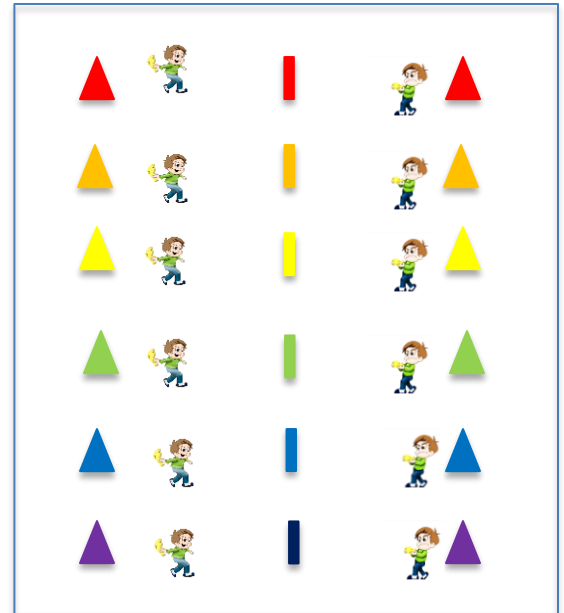
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ Bean bag birdies (butterflies)
- ✔ Cones
- ✔ Noodles

Set-Up:

Group students in 3's
Two students on the sidelines at an age appropriate distance away with a bean bag birdie
One student in the middle with a noodle



Activity Procedures:

1. Students underhand throw a bean bag birdie (butterfly) to their partner on the other side.
2. The receiving student holds their hands in a catching position. (flower)
3. The student in the center sits or kneels on the floor and tries to tap the bean bag birdie with a noodle. (butterfly net)

Grade Level Progression:

K: Students sitting/kneeling on the floor to try to catch the butterfly

1st: Students stand to try to catch butterfly (defense). Students move back further to toss butterfly (offense).

2nd: Students can stand and move within a designated area to catch the butterfly. Students can move on offense in a designated area.



MODULE NAME

ACTIVITY NAME

CHALLENGE PROGRESSIONS

- ✔ Begin with defense sitting.
- ✔ Move defense to standing on a line.
- ✔ Allow defense to move freely.

MODIFICATIONS

- ✔ Developmental Modification
- ✔ Use longer or shorter noodles to manipulate the success of the offense or defense.
- ✔ Use larger or smaller bean bags to manipulate the success of the catcher.

ACADEMIC LANGUAGE

Academic Vocabulary Words
Underhand
Offense
Defense

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard**

Skill

S1.E13 Manipulative Underhand throw
S1.E15 Manipulative Passing with hands

Concept

S2.E2.1a Travels demonstrating low, middle and high levels.
S2.E2.1b Travels demonstrating a variety of relationships with objects (e.g., over, under, around, through).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** Question- What are the cues for underhand throwing?
- ✔ **DOK 2:** Question- What is the goal of offense and defense?
- ✔ **DOK 3:** Question- How can you pass the butterfly to avoid the butterfly catcher?

TEACHING STRATEGY FOCUS

Strategy Focus: The focus of this activity is to teach students how to use an underhand throw while using the spatial concepts of over and under as they apply to offensive strategies.