

STEP 1
BENCHMARK K

T Position

Step/Lesson Objective:

Demonstrate the correct T position when throwing a tennis ball overhand at least 20 feet, starting from a side orientation. See Teaching/Learning Progression for complete step objective description.

Instructional Segment



Position Marker

Equipment/Materials

- Poster for overhand throw step 1
- One soft ball per student (size of tennis ball)
- One position marker per student

Setup

- Display the poster
- Place position markers in a line, about five feet apart and 20 feet from the wall(s)

PREPARE STUDENTS
1 MIN.

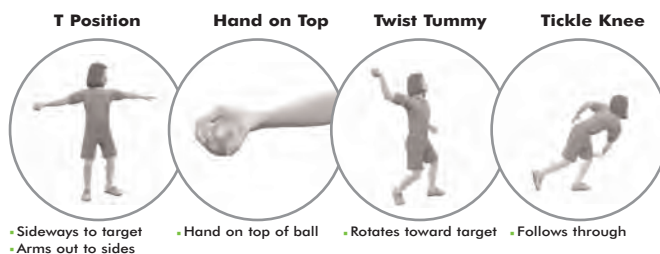
Motivation

To throw well, you must learn to move your body the right way. This will let you throw straight and far when playing games.

Student Expectations

Today you will learn to make the letter T with your body, and then throw a ball overhand.

EXPLAIN/ DEMONSTRATE
2 MIN.



• Sideways to target • Arms out to sides
• Hand on top of ball
• Rotates toward target
• Follows through

Common Errors

- Holding ball in the palm
- Holding ball with palm facing up
- Holding throwing elbow too low
- Initiating throw with arm instead of trunk rotation

PRACTICE
6-11 MIN.

Drill 1

- (1) Have the students:
- Go to a marker.
 - Pick up a pretend ball.
 - Turn their body so the pretend ball is away from the target.
 - Prepare to throw by showing the T position (hand on top).
 - Repeat several times.

Drill 2

- (1) Have students (no ball):
- Get into a T position (hand on top).
 - Twist their tummy.
 - Tickle their knee.
 - Repeat several times
- (2) Provide cue prompts with each movement.
- (3) Repeat the activity with a ball.

REVIEW
1 MIN.

Today you learned:

- How to stand in a T position
- How to twist your tummy as you throw
- That your throwing hand should be near your knee after you throw

Have students demonstrate:

- Standing in a T position
- Twisting their tummies as they throw
- Ticking their knee when following through

- Homework:**
- Show an adult how to stand in a T position and twist your tummy when you throw.
 - Throw a soft ball or rolled up sock 10 times.

See Reinforcing Activities for additional practice ideas.