

WEEK DAY

five

1

**Throwing Lesson
Summary Card**

Equipment: Balls – Slow motion ball and small foam ball, beanbag, floor markers, cones. All equipment should be set up prior to running Young Athletes™.

4 min. **Opening Sports Song**
Wheels on the Bus melody

5 min. **Rolling**
Equipment: Slow motion ball, cones, floor markers next to cones

5 min. **Two-Hand Underhand**

6 min. **Underhand Toss (1 hand)**
Equipment: Small *foam ball, beanbag*

6 min. **Two-Hand Throwing (overhead)**
Equipment: slow motion ball

4 min. **Closing Sports Song**
If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Throwing pages, 16-19) and videos at: www.specialolympics.org/youngathletes

WEEK DAY**five****2****Throwing Lesson
Summary Card**

Equipment: Balls – Slow motion ball and small foam ball, beanbag, floor markers, cones. All equipment should be set up prior to running Young Athletes™.

3 min. **Opening Sports Song**
Wheels on the Bus melody

6 min. **Underhand Toss**
Equipment: Small foam ball, beanbag

5 min. **Two-Hand Throwing (overhead)**
Equipment: Slow motion ball

6 min. **Overhand Throwing**

6 min. **Throwing for Distance**

4 min. **Closing Sports Song**
If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Throwing, pages 16-19) and videos at: www.specialolympics.org/youngathletes

WEEK DAY**five****3****Throwing Lesson
Summary Card**

Equipment: Balls – beach ball, small foam ball, and slow motion ball; bean bag, hoop, floor markers, cone. All equipment should be set up prior to running Young Athletes™.

3 min. **Opening Sports Song**
Wheels on the Bus melody

4 min. **Review of Underhand Toss**
Equipment: Small foam ball, beanbag, hoop (NOTE: Hoop can either be held by an adult or set up on the top of the cone).

4 min. **Two-Hand Throwing**

4 min. **Overhand Throwing**

4 min. **Throwing for Distance and Accuracy**
Equipment: slow motion ball

4 min. **Ball tapping**
Equipment: Beach ball or slow motion ball, markers

4 min. **Handball**
Introducing Week 6

3 min. **Closing Sports Song**
If You're Happy and You Know It

>> See the Young Athletes™ Activity Guide (Throwing pages, 16-19; Striking, pages 20-23) and videos at: www.specialolympics.org/youngathletes