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Girl Scouts®
Where Girls Grow StrongSM

GirlSports Basics *Throwing & Catching*

for girls Ages 5 - 8

2344 – R 3/2006/Reviewed 5/2006



GirlSports Basics for girls ages 5-8: Throwing and Catching

GirlSports Basics is a national sports-readiness for girls 5-8. It is designed to increase girls' participation in sports and to help them develop lifelong health and fitness habits. By utilizing a variety of activities and fun games that focus on fair play, cooperation and skill progression, girls will be encouraged to participate in sports and to incorporate health and fitness activities into their lives.

Goals of GirlSports Basics

- GirlSports Basics is designed to help young girls learn and perform basic sports skills with competence and confidence.
- GirlSports Basics activities are designed to help young girls learn to perform sports skills in three major areas: locomotor skills, non-locomotor skills, and manipulative skills.

The Skills that are covered are:

- Locomotor and Agility Skills
- Throwing—Underhand and Overhand
- Catching
- Throwing and Catching
- Kicking
- Volleying
- Striking
- Batting
- Dribbling
- Passing

Each plan in GirlSports Basics provides the instructor with 45-minute sessions focusing on a specific skill. The skills are taught in progression so the sessions should be used in order.

The instructor needs a copy of GirlSports Basics for Daisy and Brownie Girl Scouts: Adult Guide And Activity Cards. By completing 4 sessions of GirlSports Basics activities the girls will earn the GirlSports Basics patch.

GirlSports Basics activities can be used as part of troop meetings or other activity sessions. If this is the case it will take about 15 or 20 minutes to complete the Warm Up, Cool Down, Stretching and one to two activities.

Throwing and Catching

Session 1: The Underhand Throw: A 45-minute session where the girls learn the basic underhand throwing techniques. They practice underhand throwing in several fun games.

Session 2: Overhand Throw: A 45-minute session where the girls learn the basic techniques of throwing overhand. They practice the skill in several fun games.

Session 3: Catching: A 45-minute session where the girls learn to catch a ball. They practice the skill with several fun activities.

Session 4: Throwing and Catching: A 45-minute session where the girls improve their throwing and catching skills. They use these skills in several games.

Session 5: Throwing and Catching Games: A 45-minute session where the girls put the skills they have learned to use in three different games.

This program provides support and reinforcement for the following Commonwealth of Virginia Standards of Learning.

Physical Education Standards of Learning

- K.1 The student will demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) fro locomotor, non-manipulative, and manipulative skills.
 - c. Demonstrate a minimum of two critical elements used in stationary manipulative skills (e.g., toss and throw to targets. Bounce and catch, toss and catch, kick to a target, strike with paddle, dribble, roll, trap, volley with hand).
 - d. Demonstrate a minimum of two critical elements used in manipulative skills while moving.
- K.2 The student will demonstrate use of moment concepts of directions, levels, pathways, and effort while performing locomotor skills.
- K.3 The student will participate for short periods of time in moderate-to-vigorous physical activities that cause increased heart rate, breathing rate and perspiration.
- K.4 The student will use appropriate behaviors and safe practices in physical activity settings.
 - a. Demonstrate good listening skills and learning procedures and receiving instruction.
 - b. Demonstrate ability to share, and be cooperative and safe with others.
- 1.1 The student will demonstrate a minimum of two critical elements (isolated, small parts of the whole skill or movement) fro locomotor, non-manipulative, and manipulative skills.
 - a. Demonstrate critical elements used in all of the locomotor skills.
 - b. Demonstrate critical elements used in manipulative skills performed alone (e.g., toss and catch, dribble with hand in general space, dribble with foot, kick and strike with hand or equipment, throw underhand and overhand, volley).
 - c. Demonstrate critical elements for manipulative skills while moving.
- 1.2. The student will demonstrate improvement in locomotor, non-manipulative, and manipulative skills while applying the movement concepts.

- 1.3. The student will participate frequently and for short periods of time in sustained, moderate-to-vigorous physical activities that cause increased heart and respiration rates.
- 1.6 The student will participate regularly in physical activities that require physical exertion and skill.
- 2.1 The student will continue to demonstrate correct critical elements (isolated, small parts of the whole skill or movement) for locomotor, non-manipulative and manipulative skills.
- 2.3 The student will identify and participate in physical activities that promote cardiorespiratory, muscular, and flexible benefits.
- 2.4 The student will exhibit, in physical activity settings. Cooperative, respectful, and safe behaviors.
- 3.1 The student will apply locomotor, non-manipulative, and manipulative skills in increasingly complex movement activities.
 - a. Demonstrate most of the critical elements (isolated, small parts of the whole skill or movement) for manipulative skills (e.g., throw and catch a variety of objects, kick to stationary and moving partners/objects, kick to stationary and moving partners/objects, dribble with dominant hand/foot, pass a ball to a moving partner.
 - b. Use manipulative skills in movement combinations (e.g., perform manipulative tasks while dodging and moving in different pathways; catch a rolled ball while moving, and throw it back to a partner; develop and refine educational gymnastics sequences).
- 3.4 The student will demonstrate an understanding of the purpose for rules, procedures, etiquette, and respectful behaviors while in various physical activity settings.
 - c. Work cooperatively with peers.
- 3.5 The student will identify and participate in regular physical activities to improve skills and personal health.
 - a. Select and participate in physical activities during unscheduled times at home, at school, or in the community.

GirlSports Basics for Girls 5-8:

Underhand and Overhand Throwing and Catching

Getting Started:

To lead the following GirlSports Basics sessions the adult leader will need a copy of the GirlSports Basics for Daisy and Brownie Girl Scouts: Leader's Guide And Activity Cards. Sessions are planned referencing the activity cards by number. Each session is designed to last approximately 45 minutes including Warm ups, Cool Downs and Stretches. Sessions can be adapted to the skill and progress of the group.

By participating in all the sessions and activities the girls will earn the GirlSports Basics patch Brownie Girl Scouts will complete the GirlSports Try-It and Daisy Girl Scouts will learn the concepts of honest and fair and courageous and strong for their learning petals. These awards will need to be ordered for each girl before the last session. Allow 4 weeks for delivery. Awards are ordered from the Skyline Shop in Roanoke or Charlottesville.

Girls need to wear appropriate clothing and shoes for the activities that will be done. This information needs to be communicated to the girls before the first session.

Before beginning a session:

1. Review the activity cards for the session including a Warm-up stretches in the *Try-Its for Brownie Girl Scouts* page 29.
2. Allow 20 to 30 minutes for activities the rest of the time will be spent in Warm Ups, Cool Downs and Stretches.
3. Review the activities and prepare the equipment and play area ahead of time.
4. Involve girls in the decision-making process whenever possible.
5. Complete cards in order within a skill set.
6. Adapt or modify activities when needed.
7. Encourage girls to focus on the own efforts and progress instead of on the abilities of others.
8. Give lots of encouragement and praise.

If the group has limited resources and does not have enough balls for each girl to have one for practice balls can be made from used nylon hose. Used, clean party hose will need to be collected.

Waste hose can also be ordered from Sara Lee Hosiery-L'eggs Products, P. O. Box 719, Marion, SC 29517. You will need 5 to 8 "legs" for each girl to make a softball size ball or larger.

Instructions for making all kinds of toys for games out of waste hose can be found in the book: *Brite-Tite Book o' Fun—Creative Nylon Hose Play Games & Activities for All Ages!* By Glenn Q. Bannerman, Beth B. Gunn, And Lee Ann B. Konopka. ISBN: 1-55945-497-0.

Materials Needed:

GirlSports Basics Leader's Guide and Activity Cards

Try-Its for Brownie Girl Scouts

Handbook for Brownie Girl Scouts



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Session 1: The Underhand Throw

Getting Started:

Review Skills Set #2 Card #10 the GirlSports Basics card pack. You need to be able to give the girls the instructions for each skill and the short cues. For the experienced girls you will move through these skills quickly. It is important that each girl understand the movements that are part of the throwing skill. These actions will give her a good basic start for any sport.

Check the girls clothing and shoes for appropriateness to the activity. Review the "Sports Safety Tips" on page 47 of the *Handbook for Brownie Girl Scouts*.

If you are going to be making balls to use do this as the first activity so the girls can use the ball in this session and later sessions.

Activities:

1. Making throwing balls with used, clean panty hose.
2. Cut the panty off the panty hose at the thigh.
3. Give each girl 5 legs of hose
4. Have each girl bunch/ball 4 of the legs into a ball.
5. Stuff the bunch/ball into the toe of the 5th leg.
6. Tie an overhand knot close to the hose bunched/balled in the toe. Be sure the knot is tight and as close to the bunch/ball as possible.
7. Reach into the hose, grasp the bunch/ball, and pull it through, turning the hose inside out. Stretch the outer hose so it is taut, and mold the ball into shape with hands.
8. Grasp the hose close to the ball, and twist tightly to smooth the hose around the ball.
9. Tie an overhand knot firmly against the ball.
10. Repeat the previous three steps five times.
11. Cut off the excess hose to make a ball.
12. Use balls for the following activity.

Preparation: Before you begin this session make sure you have collected all the materials you need for the games. You should also set up the games so it will be easy for you to go from one to the other.

Plan to have the girls help you pick up the equipment you have used for this session.

Stretch: Use one or two of the stretches found on page 28-29 of the *Try-Its for Brownie Girl Scouts*.

- Teach the girls how to stretch using the instructions.

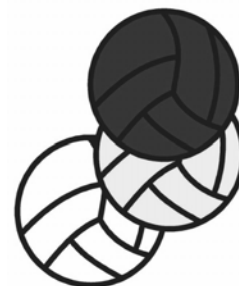
Activity: Underhand Throw Skill Set #2 Card #10

1. Follow the directions on the card this activity. Use the key words (**in bold and parentheses**) to help the girls remember what to do.
2. Encourage the girls to practice for accuracy and correct throwing techniques.



Materials Needed:

5 to 8 panty hose legs for each girl
scissors to share



One ball per girl for throwing and catching. These can be Koosh® balls, yarn balls, beanbags, tennis balls, or playground balls.

Continued

Activity: Mouth of the Whale Skill Set #2 Card #12

Play this game as it is on the activity card. Remind the girls what they just learned about underhand throwing. Use the suggestions to make the activity more challenging or easier depending on the skill of your group.

Activity: Sea Lion Toss Set #2 Card #13

Play this game as it is described on the activity card. Remind the girls what they just learned about underhand throwing. If the girls are having trouble with accuracy, stop and review how to throw underhand. Using the key words talk them through the skill. Use the suggestions to make the activity more challenging or easier depending on the skill of your group.

Cool Down: Slowly jog or walk around play area.

Stretch: Repeat the one or two stretches you did at the beginning of the session.

Ask the girls to help you pick up the equipment.

If you are working with Daisy Girl Scouts talk to them about what it means to be courageous and strong. In this case it could be strong in the physical sense since this is a sports activity. You can also talk to the girls about being honest and fair since you are playing games with rules and challenges.

Session 2: Overhand Throw.

Getting Started:

In this session you will be working on learning the overhand throw and practicing it in two games.

Review the activities on Skill Set #2 Card #16, #18 #19. Gather the materials needed. Review the stretches on page 28-29 of the *Try-Its for Brownie Girl Scouts*.

Review the Sports Safety Tips page 47 of the *Handbook for Brownie Girl Scouts*.

Activities:

Stretch: Use one or two of the stretches in the *Try-Its for Brownie Girl Scouts*.

Activity: Overhand Throwing Skills Set #2 Card # 16

1. Follow the directions on the card this activity. Use the key words (**in bold and parentheses**) to help the girls remember what to do.
2. Encourage the girls to practice for accuracy and correct throwing techniques.

One large circle on the floor 10 feet in diameter, for the group
OR

One circle on the floor for each girl.

Use chalk, tape, or a Hula Hoop to make the circles.

“fish/sardines” one per girl. Use beanbags, Beanie Babies, Koosh® balls, or yarn balls

For Sea Lion Toss: 9 circles on the floor, 3 feet in diameter made with Hula Hoops, chalk or tape

3 throwing lines 5, 8, and 12 feet from the target. Use tape or chalk for lines



Group Practice Chart and marker

Materials Needed:

Windowless wall space about 25 feet wide and 8 feet high.

Throwing objects: 1 ball for each girl. Koosh® balls,

Continued

Activity: Hit the Wall, Skills Set #2 Card #18

Play this game as it is on the activity card. Remind the girls what they just learned about overhand throwing. Use the suggestions to make the activity more challenging or easier depending on the skill of your group.

Activity: Power Throw Skills Set #2 Card #19

Play this game as it is on the activity card. Remind the girls what they just learned about overhand throwing.

Divide the girls into two groups.

If you use the scoring method have pencil and paper available to keep score.

Use the suggestions to make the activity more challenging or easier depending on the skill of your group. If the girls are having trouble with accuracy, stop the activity and have them practice with you calling out the key words for the overhand throw.

Cool Down: slowly jog or walk around the play area.

Stretch: Repeat the stretches from the beginning of the session.

Have the girls help you pick up all the sports equipment.

Session 3: Catching

Getting Started:

For this session the girls will be practicing catching a ball

Review each of the games to be played. Make sure that you have all the equipment needed.

Plan to set up the games before the girls arrive at the session. The girls can help pick up all the equipment at the end of the session.

Warm Up and stretch: Use the upper body warm ups and stretches on page 47 of the *Handbook for Brownie Girl Scouts*..

Activity: Catching, Skill Set # 3, Card #24

Divide the girls into pairs so they can practice throwing and catching together.

1. Follow the directions on the card this activity. Use the key words (**in bold and parentheses**) to help the girls remember what to do.
2. Encourage the girls to practice for accuracy and correct catching and throwing techniques.

beanbags, Beanie babies, foam balls, or the homemade nylon hose balls.

Three (3) throwing lines; 8, 10, 15 feet from the wall. Use tape, chalk, cones or plastic milk jugs to mark the lines.

Four (4) cones or plastic bottles (to define boundaries)

Power Throw: 5 distance lines 14, 16, 20, 25, and 30 feet from the throwing line. Use tape, chalk, cones or plastic milk jugs to mark lines.



Materials Needed:

Large play space with high ceiling (if indoors)

1 large ball for each pair of girls. Rubber playground ball, soccer ball, beach ball, foam ball or plastic ball.



Continued

Activity: Go Get It, Skill Set #3, Card #26

Play this game as it is on the activity card. Remind the girls what they just learned about catching. Use the suggestions to make the activity more challenging or easier depending on the skill of your group. This game may go very quickly. If so move on to the next activity.

Activity: Roll and Catch, Skill Set #3, Card #27

1. Divide the girls into pairs.
2. Play this game as it is described on the card. Remind the girls what they learned about how to catch a ball.
3. Vary the game based on the skills of the girls. Use the suggestions on the card.

Activity: Bounce, Toss, and Catch, Skill Set #3, Card #28

1. Use the instructions on the card for this game. Pay particular attention to the Set-up under materials needed. These are key instructions to use with the girls.
2. Vary the game based on the skills of the girls. Use the suggestions on the card.

Cool Down: slowly jog or walk around the play area.

Stretch: Use the stretches that you did at the beginning of the session.

If you are working with Daisy Girl Scouts. Ask them how they were honest and fair during this activity.

Have the girls help you pick up all the sports equipment.

Session 4: Throwing and Catching

Getting Started: Review Skill Set #4 Card #32, #33 and Skill Set #2 Card # 15.

Gather the equipment needed and plan to set up the games before the girls arrive.

Warm Up and Stretch: Use one of two of the activities on page 47 for the *Brownie Girl Scout Handbook*. Use both the upper body and lower body exercises.

Have the girls practice throwing and catching to each other in pairs.

Activity: Hot Potato, Skill Set #4, Card #23

1. Follow the directions on the card for this game.
2. As the girls get better at this game increase the challenge.
3. You may want to try this as a team game as it is suggested at the bottom of the card.

1 ball for each girl as described above

2 lines – 20 ft. to 30 ft. apart

Materials Needed:

1 large ball for each pair – rubber playground ball, soccer ball, beach ball, foam ball, plastic ball.

2 throwing lines – tape or chalk to mark lines



Materials Needed:

1 ball, beanbag, Koosh® ball, foam ball, yarn ball or nylon hose ball per girl.

Continued

Activity: Major Leagues, Skill Set #4, Card #33

1. Play this game as it is described on the card.
2. Use the suggestions to make it easier or more difficult.
3. If the girls are having trouble with accuracy, stop and have them practice just throwing and catching using the key words to help them remember the actions.

Activity: Team Game-Freeze Tag, Skill Set #2, Card # 15

1. Choose to use Directions 1 or 2. Then play the game as it is described on the card. This will be another chance for the girls to practice their underhand throwing. This is important for safety. Girls may only tag below the waist. Accuracy is important.
2. Talk to the girls about being honest and saying when they have been hit by a beanbag or ball.

Cool Down: slowly jog or walk around the play area.

Stretch: Use the exercises that were used at the beginning of the session. .

Have the girls help pick up the sports equipment.

Session 5: Throwing and Catching Games

Getting Started:

Review the games on Skill Set #2 Card #23, Skill Set #3 Card # 29, and Skill Set #4 Card # 36.

Review the Volleying activities in #5 of the GirlSports Brownie Try-It on page 31 of *Try-Its for Brownie Girl Scouts*.

Gather the equipment needed for these games. Plan to set up the games before the girls arrive at the session.

This is the last session for Throwing and Catching. You may want to plan to present the GirlSports patch, GirlSports Brownie Try-It and the Honest and Fair and Courageous and Strong Learning Petals. Make sure you have enough of the appropriate awards for each of the girls.

Warm Up: Have the girls easily throw and catch balls.

Stretch: Use one or two of the stretches from the GirlSports Brownie Try-It.

Activity: Balloon/Ball Juggle and Balloon Volleying, Skill Set #3, Card # 29

1. Do this activity as it is described on the card.
2. Remind the girls that they are going to have to listen carefully and follow directions for this activity. It is a lot like

Materials Needed:

Soft throwing objects:

1 for every 2 girls –
beanbags, foam ball, yarn ball

Two (2) lines 10 to 15 ft.
apart. Use chalk or tape or
plastic milk jugs to mark the
line.

Hula hoops



1 ball for each pair of girls
Balloons – 1 per girl plus
some extras
Large indoor space

Continued

“Simon Says”. The leader signals, demonstrates the skill and then everyone does it.

3. After going through all the different skills on the card try the volleying activity on page 31 of *Try-Its for Brownie Girl Scouts*.

Activity: Team Game-Keep It Out, Skill Set # 2, Card #23

1. Decide if you are going to use Directions 1 or Directions 2.
2. Play this game for 5 to 10 minutes or until the girls are ready for another game.

Activity: Team Game-Fly Ball, Skill Set # 4, Card # 36

1. Divide the group into two teams. One team is in the outfield and the other is waiting to throw.
2. Follow the directions found on the card.
3. Play until both teams have had a chance to throw and be in the outfield.

Cool Down: slowly jog or walk around the play area.

Stretch: Use the same stretches as at the beginning of the session.

Present each girl with her GirlSports Basics patch for participating in this program. Present the Daisy Girl Scouts with their Learning Petals and present the Brownie Girl Scouts with the GirlSports Try-it.

Materials Needed:

Soft throwing objects – 1 per girl

Boundary markers – use cones, chalk, plastic milk cartons, or brightly colored carpet squares.

For Fly Ball

A variety of balls – rubber playground, beach balls or foam balls

4 bases – carpet squares or rubber mats



PROGRAM LIFESAVERS EVALUATION

(Must be completed by adult responsible for implementing the Program Lifesaver.)

Name: _____

Day phone: (____) _____ Evening phone: (____) _____

Email address: _____

Name of group: _____ Troop/Group number: _____ Service unit: _____

Dates used: ___/___/___ to ___/___/___ Place used: _____

Name of Program Lifesaver used: _____

Number of participants by program level:

_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Adult

Was this Program Lifesaver easy to use? _____ Yes _____ No Explain:

Was it appropriate for your group's age level? _____ Yes _____ No Explain:

Did the activity sessions take the amount of time indicated? _____ Yes _____ No Explain:

Would you recommend this Program Lifesaver to others? _____ Yes _____ No Explain:

What activities did the girls like best?

Girl comments about the program:

Adult comments about the program:

Please complete & return this form to:

Girl Scouts of Virginia Skyline Council, 3663 Peters Creek Road, NW, Roanoke, VA 24019