**North East School Division**



**Unpacking Outcomes**

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| **Outcome (stated in its entirety) to be unpacked** |
| **4.7 Complex Manipulative Skills -** Select and apply performance cues to combine and refine manipulative (sending, receiving, and accompanying objects) skills in increasingly complex movement activities such as lead-up games, including:• throwing• catching (gathering, collecting)• kicking. |
| **Outcome Unpacked** (circle the verb and underline the Nouns/Qualifiers) |
| **Select Performance Cues to combine and refine Manipulative Skills (Send, Receive and Accompany) in lead-up games with** *throwing, catching and kicking.***Apply Performance Cues to combine and refine Manipulative Skills (Send, Receive and Accompany) in lead-up games with** *throwing, catching and kicking.* |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| 1. **Throwing Option A.**

bulletSTATUE---stand facing in the direction of your target, feet slightly spread apart, arms by side with the ball in throwing hand. bulletMUSCLE Man---still facing the same direction, raise arms up into a muscle man pose. bulletSUPERMAN---point hand without the ball at the target, put the ball with the arm bent by the ear, turn feet to face where you are throwing. bulletSWIMMER---bring down hand that is pointing at target, followed by hand that has the ball and swim like a swimmer, following thru.1. **Throwing Option B.**

bulletPoint non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target) bulletThrowing arm way back behind head bulletStep with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot) bulletFollow through by letting your throwing arm come across the opposite side of your body bulletTo get the feel of the full throwing motion throw at something that is far away or throw hard1. **Catching**

bulletKeep eye on ball bulletReach arms towards ball bulletGive with ball as ball hits hands (bring ball into body) bulletPinkies together if ball is below waist bulletThumbs together if ball is above waist1. **Kicking**

 bulletNon-kicking foot next to the ball  bullet Pull kicking foot back like a Bow when shooting an arrow bullet Contact ball below the middle of the ball bulletContact ball with shoelaces (i.e., instep of foot)  bulletFollow through* **Throwing, catching and kicking become more difficult in lead-up games, because they require quick decisions and execution while in constant motion.**
 | * There are consistent elements to throwing that must always be attended to.
* Throwing motions can be somewhat altered depending upon the kind of item being used.
* It is important to catch with our hands first so:
* Our hands can reach out the furthest.
* Are the best tools for gaining control
* Fully extended allow for ample room for absorption.
* Controlled catching means that we “absorb” the item being sent to us.
* Kicking with accuracy requires attention to a number of cues.
* Kicking with accuracy allows us to get greater enjoyment out of activities that involve kicking.
* The way we throw, catch and kick change when using them in games because we have to move and think more quickly and the choices we make depend on a number of factors.
 | a. Demonstrate skillful moving of objects in a variety of skill development movement activities such as juggling scarves and beanbags, hot potato, keep-away, cup-stacking, and hackey-sack.**In the context of participation in lead-up games (e.g., scoopball, three-on-three soft lacrosse, two-on-two basketball):**b. Throw and catch small soft balls using extensions (e.g., soft lacrosse sticks, scoops) from both stationary and moving positions.c. Throw a ball at a target as a stationary opponent tries to block or deflect the throw.d. Throw and catch a variety of balls (e.g., football, basketball, softball), from a stationary and moving position, to and from partners who are both stationary and moving.e. Practice shooting at baskets using lightweight balls (e.g., sponge balls, soft-touch balls) keeping eyes focused on the goal, feet shoulder width apart with “shooting foot” forward and elbows close to the body; bending knees, placing shooting hand on the back of and slightly under the ball and non-shooting hand on the side of the ball with fingers, not palms, touching the ball; pushing ball upward towards the basket while extending legs; reaching hand up and “over” the rim. f. Kick a stationary ball to a stationary target and a moving target, such as a partner, by approaching the ball from various angles and making contact with the inside and outside of the foot alternately.g. Kick a moving ball at a net that is being defended by a goalie. h. Trap and/or deflect balls sent by others. |
| **ESSENTIAL QUESTIONS** |
| 1. **How do we throw for accuracy?**
2. **How can throwing with accuracy be altered when using different equipment?**
3. **Why is it important to catch with our hands first?**
4. **How can we catch for control?**
5. **How do we kick for accuracy?**
6. **Why is it important to learn how to kick with accuracy?**
7. **How does the way we throw, catch and kick change when using them in games?**
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