

# Tiny Tots HDLAC Program#

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## Tiny Tots - Throwing Wk 5; Wk 10; Wk 14; Wk 19

### 8:15-8:35am GROUP INTRO GAME

#### ANIMAL BALANCES - *Listening, coordination*

We get all the children into a giant circle, and they need to follow our animal challenges: Individual - Bunny Hops, Donkey Kicks, Seal Walks, Kangaroo Running  
Group - Slippery Snakes

#### ROLL CALL

Children moved into their 4 groups and leaders explain next activities.

### 8:35-9:40am THROWING ACTIVITY STATIONS

(4 stations rotated every 15 minutes -  
after 2 stations we will have a drinks break for 5 mins)

Whistle will blow for the change

#### STATION 1 - TUNNEL BALL

Split group into smaller teams, with a team in each lane. Have the children line up behind each other with their legs apart, but close together. The Tiny Tot at the beginning of the line rolls the ball under the group's legs. The last tiny tot at the end of each line then picks up the ball, runs to the beginning of the line and rolls the ball under the legs of the other children. Continue until everyone has had a turn in the line.

Variations for the day:

- If teams are even you can have a race who gets through the teams quickest
- Change it so they have to do "tunnel ball" over their head ie: pass the ball to the person behind over their head, to end, and come to the front (repeat thru team)
- If time, alternate, child 1 passes under legs, child 2 over head, etc, repeat process as normal.

*Get Parent involvement to keep the flow happening!!!*

#### STATION 2 - ANIMAL SHOT PUT - *Learning to throw a discus/shot put*

Children get 3 bean bag animals each, each child will throw a bag just like a shot put (from under the chin-help each child to position) and throw onto the marked out "track", then go to the back of the line. There will be 5 lines of different colours, and as each has a go, and where each bag lands, at the closest streamer point, they get a mark on their "shot put card" where their shot put landed.

*Get Parents involved to help mark the card for each child as they throw.*

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## **STATION 3 - BEAN BAG DISTANCE THROWING**

There will be 4 witches hats in a square with a circle of hoops, and a container in the middle. Split your group into 4 teams lined up behind each other, and take turns to throw the bean bag balls into the hoops first, then in the middle container. Throw different ways such as over-arm, underarm, sideways, under the neck like a shot put. As the child finishes their throw, they need to go and get their bean bag ball, so they have it for their next throw, going to the back of the line.

## **STATION 4 - TINY TOT JAVELIN** - *Learning to throw a javelin*

Using our "nerf sponge javelins" and "cardboard javelins" get the children to throw the javelin onto the marked out "track", then go to the back of the line. There will be 5 lines of different colours, and as each has a go, and where each throw lands, at the closest streamer point, they get a mark on their "javelin card" where their javelin landed.

*Get Parents involved to help mark the card for each child as they throw.*

## **9:40-9:45am ENCOURAGEMENT AWARDS & PHOTOS**

**EQUIPMENT NEEDED** – Whistle, Rolling Balls, Javelins, Witches Hats, Hoops, Bean Bag Animals/Balls, Line Markers, Shot Put & Javelin Card Markers/Stickers