



Can

Lesson Focus: to use an overhand throw to put the trash in Oscar's trash can.

Oscar's Trash

What you'll need

- Several dozen fleece or small foam balls (paper & tape balls can be used).
- A large pretend trash can to house 6-8 students (can be made out of standing gymnastics mats or discarded appliance cardboard boxes)
- Music and music player are optional

Skills to review and demonstrate

"Who knows who Oscar the Grouch is? Where does he live?"

Overhand throw cue words for early learners: arm back, point, step and throw.

Line students up and observe them throwing using the cue words (without balls).

Getting started

Create a giant trash can with the mats or boxes in the middle of the play area. Make a boundary around the can with spots or cones. Choose 1/4 of the class to step inside the trash can. Their job will be to throw the trash out of the can. The rest of the class scatters in the play area.

Student performance objectives

Psychomotor: Students can demonstrate overhand throwing in the proper form 80% of the time.

Cognitive: Students can recite the cue words for the overhand throw 80% of the time.





 [Watch the Video](#)

Indoor or outdoor
activity for grades

K-1

Begin the action

On “go”, or when the music starts, the scattered children collect and throw the balls one at a time into the can using the cue words.

Those inside the can scoop up the balls and throw them back out as quickly as possible.

Stop the game every few minutes and switch out the players until everyone has had a turn to be in the can!

Helpful hints

Watch for those not stepping in opposition.

Be sure the students are throwing balls into the can one at a time.

Discourage running up to the can, past the boundary to throw balls in.

Recap

Who can show me an overhand throw using the cue words?

What am I doing wrong? [Demonstrate an improper throw].

National standards

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| Standards 1 & 2: | Overhand throwing. |
| Standard 3: | Cardiovascular fitness. |
| Standards 4 & 5: | Working with team mates; Cooperation;
Enjoys physical activity in large groups. |