

Throwing and Catching Unit

Kindergarten – 2 nd grade	3 rd - 7 th Grade
<ul style="list-style-type: none"> • Self-Tossing / Wall tossing/ Partner Tossing- by 2nd grade introduce overhand throw • Teach how to catch • Throwing and catching stations • Throwing and catching competitions • Relay Tossing game • Clean your backyard • Farming frenzy • Decorate the cookie • Over the fence • Make it, Take It 	<ul style="list-style-type: none"> • Review Throwing, tossing, and catching • Boom City • Win the Pin • Monster Ball • Relay tossing games • Dodgeball style games • Box Ball • Catch It, Keep It
<p>Underhand tossing Cues –</p> <ul style="list-style-type: none"> • Face target • Swing- Step- Throw • Step with your opposite foot to the hand you are throwing with <p>Catching Cues-</p> <ul style="list-style-type: none"> • Ready position- Reach, Grab, Give • Over belly button- thumbs together • Under belly button – pinkies together 	<p>Overhand throwing Cues-</p> <ul style="list-style-type: none"> • Side to the target • Arm – in the shape of an upper case “L” • Step- Twist- Throw • Step with your opposite foot to the hand you are throwing with <p>Catching Cues-</p> <ul style="list-style-type: none"> • Ready position- Reach, Grab, Give • Over belly button- thumbs together • Under belly button – pinkies together

K-2 Lessons and Games

K-1st Grade- teach and practice underhand toss

[Teaching Underhand Throwing and Catching Skills in #Physed | Cues and Station Activities |](#)



2nd Grade -review underhand and teach overhand throwing

- ☺ Start with tossing to self – try for 8 times in a row
- ☺ Self-toss a bean bag on a poly spot or in a hula hoop- after 5 catches in a row, jog one lap of the gym, and then go back to your spot or hoop and try to repeat again.
- ☺ Tossing to wall and catch off the bounce– try for 8 times in a row
- ☺ Wall tossing- place a poly spot on the floor and after each successful toss and catch off the wall or bounce and catch -move back a step.
- ☺ Partner Tossing- roll to one another while sitting, roll to one another while standing, toss to one another- catch out of the air or catch off the bounce

ALWAYS GET THEM TO TRY THEIR NON-DOMINANT HAND

Set Up tossing Stations:

- Use buckets to throw balls into... using different size balls at each station
- Use bowling pins to toss at or roll at
- Self-tossing or against a wall
- Hula hoops are set up in a line and they try to toss into the hoops
- Tossing at targets on the wall

- If you have a projector- YouTube- balloon popping: Target Throwing Video- have students toss at the moving balloons
- Targets on the wall they are tossing or throwing at

Egg Toss Challenge

- One student on the line and the other one on a poly dot with a ball. Practice first by tossing the egg (ball) to your partner- if you catch it both ways you can take a step back. If you miss you must go back to the starting spot.
- Can make this a class challenge

Clean Your Back Yard

- All you need is a ton of balls (assorted sizes work well)
- You need 2 teams- the middle of the gym is a privacy fence that nobody can cross. When the game starts you will be trying to compete to have the cleanest yard by the end of the time limit. The team with the least balls will win the game.
- Rules- you can only pick up one ball at a time, you cannot cross the center line, you can only throw- no kicking.
- This game could be used in other units- kicking, striking with a paddle, hockey sticks

Relay Competitions- using bean bags

- Using buckets that they must toss into
- Using hula hoops in a line (5 out) - toss a bean bag to the first hoop... If they make it, they can bring the hoop back to team... if they miss, they leave it and the next student in line tries. Continue relay until a team collects all hoops.

Decorate the Cookie- using bean bags

- Have them in a group of 4 and give them 10 bean bags and a hula hoop
- The hula hoop is a good distance depending on age to underhand toss at.
- The object is to toss the bean bags to try to hit inside the hula hoop.
- If they make it they run around the hoop as a victory lap and if they miss it they run and pick up the bean bag and bring it back to the throw line.

Decorate the Cookie (Gd. K) #physed



Farming Frenzy- Collecting Eggs

- Make 4 teams with a bucket each. Spread out a ton of balls (EGGS) or items in the gym.
- Level One- On go... the students must get one ball at a time and go toss it into their bucket. The team with the most balls wins the round.
- Level Two- make the toss a bit further (designate a line they can throw from)
- Level three – give one student on each team a pool noodle (pitchfork) - these students use the pitchfork to defend their bucket by swatting the balls away.

Battleship

- Lay 6 mats out in an area close enough for the students to be able to throw at one another with 4 bowling pins at each corner of the mat (on gym floor)
- Put 4 students on each mat

- The object of the game is you must stay on your mat and throw at the other teams' bowling pins. If your pin is knocked down you must do a specified activity to put it back up (jumping jacks, sit ups, lap of gym...)
- One player from each team is on a raft (scooter board) collecting balls for your team and bringing them back to your mat.

Sink the Ship -Best P.E. Game



Make It, Take It



Overhand Throwing Unit

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3- 7 Lessons and Games

- ☺ Review the overhand throw and review catching using the cues above
- ☺ Have students in groups of three practicing throwing to one another and trying to get consecutive throws and catches.
- ☺ Have students throw against the wall and try to catch it without bouncing. Place targets on the wall that they can try to hit.
- ☺ Relay style games are great for the older- place 6 hoops out in a row in front of each team and have them throw one at a time into the hoops. If they make it- they can get the hoop and bring it back to their team. If they miss the next student goes in line. You can add a student to catch the bean bag/ball/football... Can use lots of different balls.

Throw and Catch Tag

- Start back-to-back with a partner- take 3 steps away from each other and turn around.
- When the music starts- throw the ball back and forth.
- When the music stops- the person with the ball chases their partner and tries to tag them with the ball. Once tagged drop the ball and the person tagged now chases their partner.
- Once music starts- stop and throw again.

Fire and Ice Tag

- Taggers have pool noodles (Icicle)
- 2 other people have red dodgeballs (Fire)
- Level One- The taggers chase and freeze people and the students with the red dodge balls unfreeze them by throwing the ball to them. If they catch the ball, they are free and must go and throw the ball to another frozen student. If they miss the ball, they must remain frozen. Cannot tag fire.
- Level Two- If the fire ball is dropped- it is dead

- Level Three- The fireball students are no longer invincible- they can be tagged but can be freed by another red ball.

Boom City

- Set-up – set up bench ball with 2 benches- one in each basketball key. Place a bucket of bean bags behind each bench.
- The object of the game is to try and get the most bean bags in your bucket
- 3 Positions of the game:

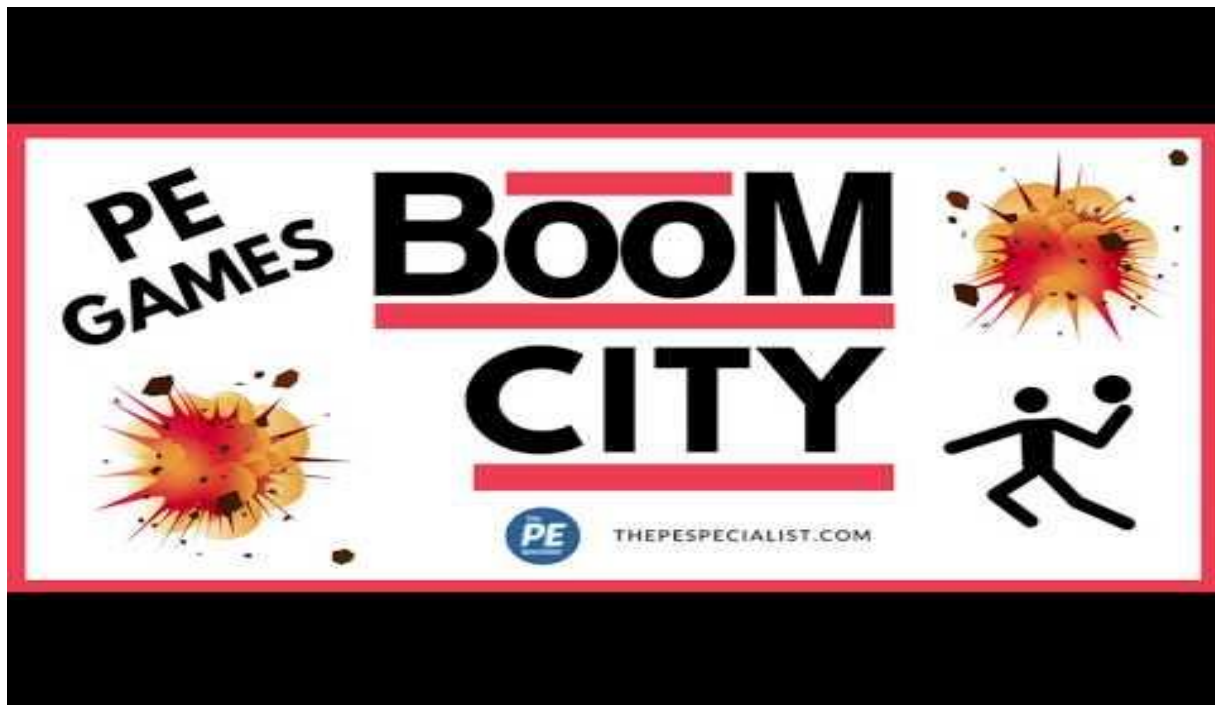
Throwers- throw a ball from behind the midline to a catcher on your team

Catcher – go stand on the opposite side on the bench and try to catch the ball

Blocker- stand in front of the catching zone and attempt to block the thrown balls from the other team

- To catch the ball 2 feet must be on the bench. Once caught spike the ball to the ground and “YELL BOOM CITY” and steal ONE bean bag from the bucket behind the bench and take it across to their own bucket. Return to bench.
- You must throw from your own side but can get a ball from anywhere
- Can add pool noodles for the blockers in the second round and talk about strategy as a team.
- Once students understand the game you can play 4 quadrant Boom City

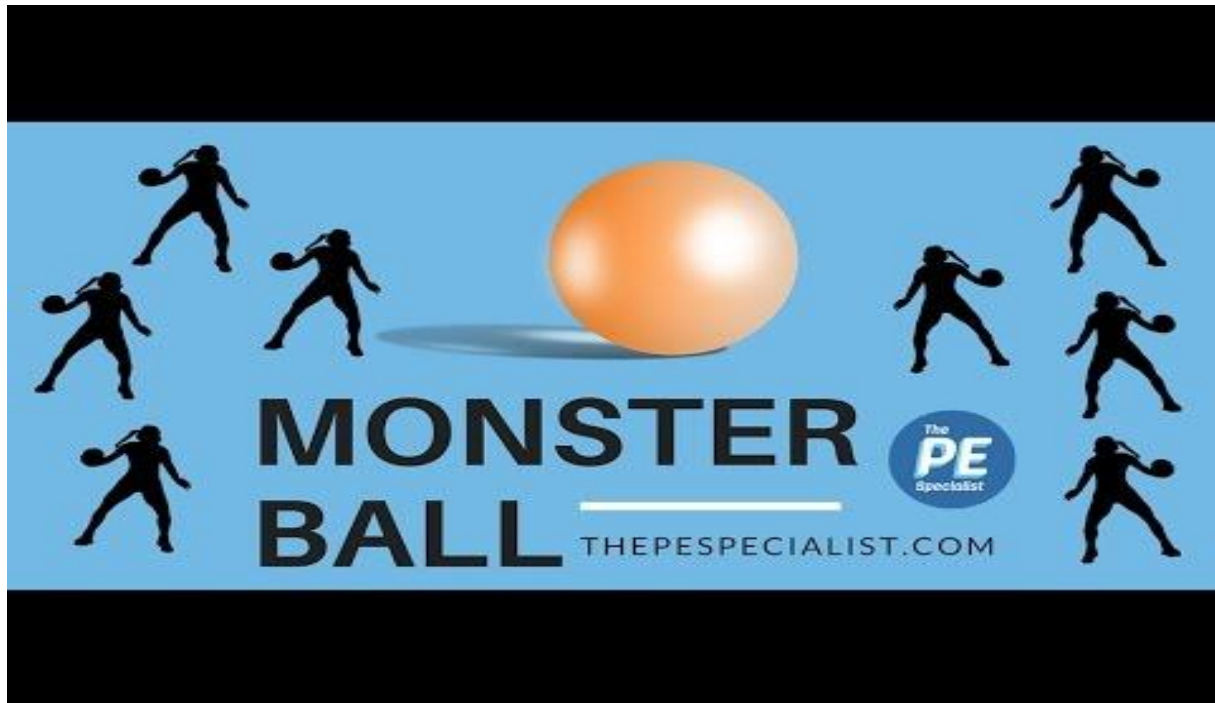
[PE Games: Boom City | Throwing and Catching Skills |](#)



Monster Ball

- Make 2 teams and place them on the sidelines of the gym on opposite sides
- Place 2 large exercise balls in the center of the gym (POISON BALLS)
- The objective of the game is to throw the dodgeballs at the exercise balls in the center trying to knock the balls over the opposite team's line. If you are successful, then you get a point.
- You MUST throw from your line, but you can retrieve a ball from anywhere.
- You cannot touch the Poison Balls

[PE Games - Monster Ball - Fun throwing activity for Phys Ed](#)



Win the Pin

- To start the game- make 2 teams and split the gym in half by a line- use landscape shape of gym so that they are not throwing so far.
- Each student gets a pin and places it wherever they want on their side of the gym.
- Each team's job is to protect their own pins, while figuring out a way to knock the opposing teams' pins down.
- If you knock the other teams' pin down, you can go over and take it.
- The team with the most pins in the time allotted wins.
- Players must be on their feet while guarding the pin and may block thrown balls. They cannot touch their pin
- No kicking the ball
- Players must throw from their side but can go anywhere to get a ball
- If any pin is down, it cannot be set up again. The other team can get it and take it to their side.
- Level Two- place buckets upside down in a hoop on the end line of both teams. You can put pins on top and they become point multipliers- worth 2 points each.

Capture the Flag Relay

Grade level: K-6

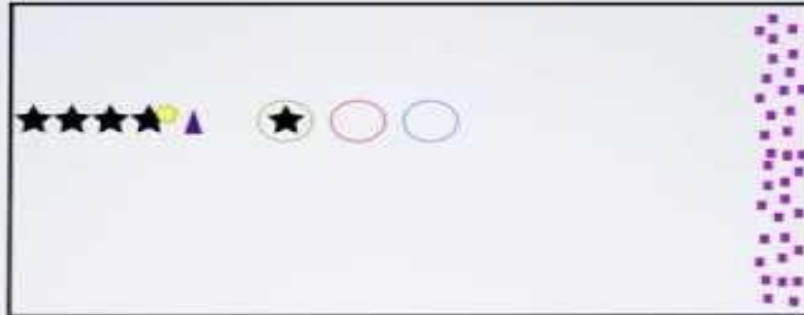
Equipment: Cones, Hula hoops, bean bags, Foam Balls (K-2) or Footballs (3-6)

Game Description:

- Teams will start in a relay team format lined up behind their cone.
- At the far end of the playing area are all the beanbags that teams will try to collect.
- In front of each team's cone are 3 hula hoops at different distances: near, middle, far.
- For every team, 1 player starts in the closest hula hoop. That player will try to catch the ball thrown by the first player from their relay line.
- If caught, the catcher runs and collects a bean bag and returns it to their team's cone for 1 point.
- The thrower then proceeds to stand in the hula hoop to become the catcher, and then the next person in line is now the thrower.
- Whenever a catch is NOT successful, the thrower retrieves the ball for the next person in line to throw and the catcher must STAY in the hula hoop until a catch is made.
- 5 catches from the first hula hoop level must be made before moving onto the middle level. 5 catches again must be made at the middle level hula hoop before moving to the far level hula hoop. Once 5 catches are completed there the round is over, and the team with 15 bean bags wins.

[Physhed Games - Capture The Flag Relay](#)

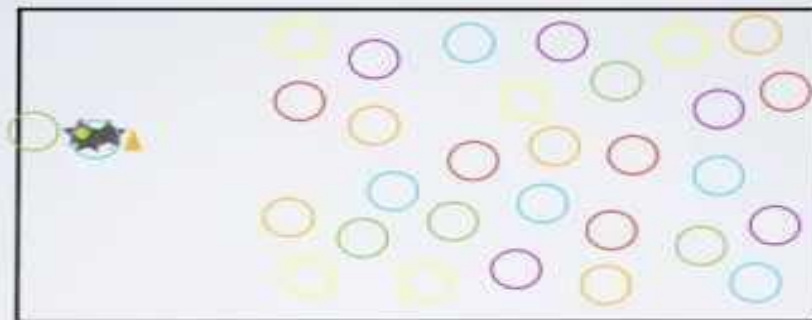
CAPTURE THE FLAG RELAY



The Perfect Pass Relay

[Gym Games - Perfect Pass](#)

PERFECT PASS



Grade level: K-8

Equipment: Hula Hoops, cones, type of ball (football, dodgeballs, bean bags)

Game Description:

Start by placing down a bunch of hula hoops along the floor, the more the better.

Then make some teams of anywhere from 3-5 players who start lined up behind cones in a relay-style setup.

Give each team a type of ball (depending which type of sport or throw you'd like to practice).

When the game starts, the first person from each team runs to a hoop on the floor and stands in it, waiting to receive a pass from the second person in their team's line.

If a catch is made with both feet in the hula hoop, then that player can bring the hula hoop home and add it as a point to their team's total

If the catch is NOT made, then the hoop does NOT return home = 0 points earned

Then the next person goes out to a hoop to catch another throw, etc, etc.

Teams try to get the most points by collecting the most hoops or try to beat their own best score each round.

Try varying it up in a bunch of different ways (for example, different hoops are worth different points).

Hula Flip Ball

[Hula Flip Ball](#)



Grade Level: K-8

Equipment: Hula hoops and a ball for each team.

Game Description:

Divide your class into relay lines.

The object of the game is to roll the tennis ball into the hula hoop. If it stops inside the hula hoop, then flip the hula over one time.

If the ball does not stop inside the hula hoop, then the player who tossed it picks it up and brings it back to the next person in line.

This hula hoop flip game ends once a team reaches a preset finish line.

Variation- can use bean bags that you toss

How Far Can You Go?

Grade: 5-6

Equipment: Hula Hoops, dodgeballs, bean bags or foot balls

Game Description:

Divide your class into relay teams of 4

Place 2 hula hoops in front of the team. Make sure the hoops are touching one behind the other.

One player starts in the first hoop and the next player has the ball.

On "GO" the player tosses the ball to the player in the hoop

If they catch it, they step out of the hoops and move the front hoop behind the back hoop.

If they miss the catch, then the player who threw it must go get it and bring it back to the next player in the line.

You are trying to be the team who goes to the end of the gym and back first or the farthest away from your team when the whistle blows.

Dodgeball Games

- YouTube – Top 10 Dodgeball Games BEST VERSIONS

<https://www.youtube.com/watch?v=hbj1zCOL9Rc>

Bench Ball, Prison Ball, Kings Kong, Hide Out, Boomerang, Castle Ball, Swamp Ball, Castle Pool, Walk the Plank, Ultimate Warriors, Star Wars

- make sure that they are using the proper throwing techniques while playing dodgeball