

Name/Title: Ocean Rescue

Purpose of Event: To provide students practice trials for throwing and catching.

Prerequisites: Students should have prior experience with proper throwing and catching techniques.

Suggested Grade Level: K-3

Materials Needed: Students should be provided appropriate self space markers such as poly spots or hula hoops. Fleece balls, nerf balls and cones are also needed to mark the throwing lines.

Description of Idea

The class is divided into two groups. One group is selected to be the "sailors" and are instructed to spread out within the playing area. The "sailors" are then to find a hoop or poly spot in which to stand and assume the catching position (hands up at chest level fingers pointing up). The other half of the class are "rescuers" and are distributed equally along the throwing line.

The teacher then provides an introductory story about sailors who are floating out on the sea and are in need of rescue. The poly spot/hoop is designated as the "flotation device" for the "sailors" and a fleece / nerf ball is designated as a "life ring" that the "rescuers" are to throw to the "sailors" from a rescue ship (line on the gym floor).

On a signal from the teacher, the "rescuers" begin throwing their "life rings" (fleece or nerf balls) using an overhand throw to attempt to rescue the "sailors." "Sailors" must catch the "life rings" while standing in a hula hoop or on a poly spot. When a "sailor" catches a ball the "rescuer" simulates pulling the "sailor" to the ship. The sailors then join the rescuers by throwing to the remaining sailors. If the throw is not caught the "rescuers" must retrieve and continue throwing from behind the throwing line. Play continues until all "sailors" are rescued or use a time limit. Students then switch roles from "sailor" to "rescuer" and the activity can be repeated.

Variations:

For younger students you could focus on the underhand throw and use a large soft ball.

Assessment Ideas:

The teacher can utilize a checklist containing key teaching cues for appropriate skill performance of the overhand throw and for catching skills. During the activity they can observe

students for proficiency in throwing and catching techniques.

Adaptations for Students with Disabilities:

To modify the activity for inclusion of students with disabilities, the throwing line distance can be modified or the utilization of a bounce rule can be implemented.

Submitted by **Carven Timothy** who teaches at Pentucket Lake Elementary in Haverhill, MA. Thanks for contributing to PE Central! **Posted on PEC: 12/20/2010.**

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