Name/Title: One Step Throw & Catch

Suggested Grade Level: 2-5

Materials Needed: Yarn (or Kush) balls, tennis balls (for the higher skilled)

Description of Idea

As students enter the playing area instruct them to find a partner (or a group of three if odd numbers). Then they are to choose a ball they want to throw back and forth between them. Have them start about 9 feet apart (i.e., 3 giant steps) and their task is to throw back and forth using an underhand throwing motion.

After making a successful catch then both students are to take one **giant step** backwards. If a student misses a catch then they move one giant step closer to each other.

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Submitted by **Mark Manross** in Blacksburg, VA. Thanks for contributing to PE Central! **Posted on PEC: 5/13/2022**.

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