Name/Title: The Adventures of Mr. Toss

Purpose of Event: To give students practice with the underhand toss in a fun culminating activity.

Prerequisites: Several lessons on the proper underhand throw and catching technique. Cues for throwing should focus on a "tick-tock" (clock) arm motion and/or "let go of the ball at waist level".

Suggested Grade Level: K-2

Materials Needed:
Story (below)
10-20 medium-sized soft foam (or similar) balls or objects such as bean bags
Podcast Recording of Story so You can Play the Story for Children (Created, Narrated and Submitted by Christopher Corso, Physical Education Teacher at The GLOBE Academy in Atlanta, GA)

Description of Idea

After students have had ample practice in underhand throwing to themselves, to targets, to a partner, etc. explain you will be telling them a really cool story. Explain that there is a "**magic word**" in this story, and they will have to listen closely to hear it. Demonstrate and lead the activity as follows.

First, 4-5 students make a circle. All circles should be close enough to the instructor to easily hear the story. Explain that each group will be given an object to toss. As the story is read, whenever the word "**toss**" is said, the person with the ball must toss it to another person in the circle, remembering the correct way to toss and catch which they previously learned. Everyone should get a chance to catch and toss the ball. They shouldn't worry about tossing fast, but tossing well.

Here is the story!:

Mr. Toss, The Amazing Fireman

Mr. **Toss** was one of the best firemen. He and his fire-fighting dog, Spot, were the quickest team around. It was late during the quiet night at the station when suddenly Mr. **Toss** sprang up in his bed to the sound of the alarm that went,"Beep, Beep, Beep!" He immediately realized that someone was in danger and **tossed** his blankets onto the floor and popped out of bed. The only problem was that Mr. **Toss** had been particularly messy that week and he was **tossing** dirty socks and shirts around in piles in an attempt to find his fire-suit. After **tossing** and **tossing** clothes and trash into new and bigger piles of junk, he saw the sparkling yellow color of his favorite fire-suit, which he slipped on. He then, snatched his red hard-hat of his terribly

cluttered dresser and **tossed** it on his head. Oh no! Where was his fire-dog, Spot?

In a panic, he realized that he had probably covered Spot under a pile of junk that he had carelessly **tossed** just seconds earlier. He knew his dog had a tendency to sleep through the alarm and so he, again, started **tossing** and **tossing**. He was in such a hurry at this time that he was **tossing** handfuls of banana peels and socks high into the air hoping to uncover Spot. Sure enough, Spot was sound asleep in pile of unmatched socks. Mr. **Toss** grabbed his dog, his boots that he would **toss** in the truck, and slid down the fireman pole which **tossed** him and his dog right into the driver's seat of the huge shiny red fire-engine.

Mr. **Toss** and Spot were surprised at how bumby the ride was up to the fire. They **tossed** and **tossed** in their seats as they went over huge rocks through the mountains. The fire-engine came to a screeching halt at the top of a mountain when they saw the bright red crackling fire. Flames were being **tossed** about a huge dark mansion on the seventh floor. Mr. **Toss** immediately saw a little girl, trapped in a window of flames, who was **tossing** her favorite toys out the window so they wouldn't melt. "Little girl, please stop **tossing** your toys because it isn't safe!" Mr. **Toss** exclaimed. The little girl wouldn't listen thought. She just kept **tossing** her toys into a fluffy bush down below.

Mr. **Toss** decided that he would have to rescue the girl. Mr. **Toss tossed** his fire-dog the huge hose and told him to spray out the flames so he could save the little girl. Mr. **Toss** leaped into the flames, but he was running so fast that the sparking flames **tossing** about the stairs couldn't catch him. Mr. **Toss tossed** aside burning chairs and tables until he wa able to snatch the scared little girl along with an armful of her toys. Mr. **Toss** took off his jacket and **tossed** it over the nervous little girl so she wouldn't breathe any of the thick black smoke. Mr. **Toss tossed** furniture out of the way as they went over shelves, through potted plants, and under tables. The girl and her toys **tossed** and **tossed** in Mr. **Toss**'s arms as he ran down the six flights of stairs. When they came to the front door, they both took a gasp of fresh air with a great relief. Mr. **Toss** saw that his dog, Spot, had done a wonderful job, as usual, at **tossing** water all over the flames and putting them out.

The fire-engine **tossed** Mr. **Toss**, Spot, and the little girl all the way to town. They took the girl back to her home and all was well. Mr. **Toss** and his fire-dog fullfilled their mission for the day.

Assessment Ideas:

Observe students to see that they are following the correct throwing technique. If not, the story may be stopped in the middle to ask students to demonstrate how to correctly toss the ball. At this time, demonstrate the skill and reinforces the cues as necessary.

Teaching Suggestions:

The activity may be done sitting in circles or standing.

The story may be read at a slower pace to adapt to students who need a little more time to perform the skill correctly.

The story may be rewritten with less tosses in it to adapt to students who need more time to toss.

The activity may be done in pairs or in larger circles (note: the smaller the circle, the more times each student gets to touch the ball).

The activity may be done with many balls or fewer balls depending on the students' skill levels.

Submitted by **Kristin Beck** who teaches at California State University Chico in Chico, CA. Thanks for contributing to PE Central! **Posted on PEC: 2/7/2017**.

Visit S&S Discount for all your physical education equipment and supplies!