**Name/Title: Throwing for Distance/Accuracy**

**Purpose of Event:** To have students practice throwing for distance and for accuracy.

**Materials Needed:** Various throwing objects like tennis balls, foxtails, footballs, softer foam balls, etc., markers (cones), tape measure.

## Description of Idea

1. Students get in pairs. Each pair chooses a ball of their choice.

2. Students warm up by playing catch.

3. Now bring them in for a discussion about the importance of accuracy when throwing. Have them give you some examples of situations in sports where it is important to have accurate throws. Discuss and demonstrate how the body would look if you wanted to throw a ball very accurately when your target is very close. Your body parts are compact and your body has very little movement. It looks like you are aiming and throwing a dart.

4. Give them time to go with their partner and practice short, accurate throws. They should stand about 10-20 feet from their partner and throw at their partner's chest area. You can make this a game by assigning points for accuracy (Chest area = 2 points, Any other body area = 1 point).

5. Now bring them in for a discussion about the importance of distance when throwing. Have them give you some examples of situations in sports where it is important to have far throws. Discuss and demonstrate how the body would look if you wanted to throw a ball very far. Your body parts are extended. Your body has a lot of movement. You look like an outfielder in baseball who is throwing the ball to home plate.

6. Give them time to go with their partner and practice their distance throws. They should stand 50-100 feet from their partner. You can make it a game by placing markers at 10 foot incriments starting at 50 feet and ending at 100 feet. 1 point if the ball passes the 50 foot marker, 2 for 60 feet, etc.

7. Bring them in for 1 final discussion about the importance of accuracy and distance. Have them give you some examples of situations in sports where it is important to have far, accurate throws. Discuss and demonstrate how to combine the concepts from each type of throw in order to maximize accuracy and distance.

8. Give them time to practice this by setting up real sports situations (Outfielders throwing to home plate, Quarterbacks throwing to receivers, etc.).

**Assessment Ideas:**

Write these questions to assess what they learned. You can use these questions as a homework assignment.

1. Give an example of a situation in sports where a short, accurate throw is necessary. How would the athletes body look during this throw?
2. Give an example of a situation in sports where a very long throw is necessary. How would the athletes body look during this throw?
3. Give an example of a situation in sports where a long, accurate throw is necessary.

---

Submitted by **Bob Wright** in Richboro, PA. Thanks for contributing to PE Central! **Posted on PEC: 10/28/2002**
.

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