Name/Title: Sink The Ship

Purpose of Event: To throw balls using correct overhand technique in a dynamic setting.

Activity cues: Overhand Throwing Cues, Catching Cues

Prerequisites: Knowledge of the overhand throw, the ability to catch a thrown ball.

Suggested Grade Level: 3-5

Materials Needed: Pins, mats, gatorskin or soft balls.

Description of Idea

Two teams of three play against each other across the playing area or gym. Set up the gym so you have one mat (ship) for each three students. Have the players in the game agree on how far the mats will be from each other. On the floor in front of each mat, set up four pins. Place a scooter (lifeboat) and four gator skin or soft balls (ammunition) on the mat to start.

Designate someone to ride the lifeboat (scooter). The person on the scooter is the only person who can retrieve balls from the sea (gym floor) and bring them back to their mat (ship). However, the students on the mats may catch thrown balls or reach for them on the floor keeping one foot on the mat. The students on the mat are trying to knock down the pins at the other mat by throwing balls using correct overhand technique. At least one foot must be on their mat at all times.

When all the pins by your mat are knocked down, set them up and restart the game with another person on both teams lifeboats.

Variations:

After all teams have played at least one game have them select another team to play.

Assessment Ideas:

Use the PE Central Cue Checklist

Submitted by **Gina Forberg** who teaches at Coleytown Elementary School in Westport, CT. Thanks for contributing to PE Central! **Posted on PEC: 5/11/2003**.

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