

Name/Title: Earthball Throw

Purpose of Event: To practice and assess the overhand throw of students.

Suggested Grade Level: 3-5

Materials Needed: Large indoor or outdoor activity area; 1 Large Cage Ball; 12 foam "gator skin" balls; 20-25 cones or other markers

Description of Idea

Before the activity, create two **squares** using cones -- one 30'x30' square and, outside of it, a larger 50'x50' square. Explain the activity to students, letting them know you will be focusing on how well they are **throwing** during the activity. Once you are done with the explanation, place the **cage ball** in the center of the small square. Divide students into **four groups**; each group stands evenly spaced along one side of the 50' square.

The interior of the large square is known as the "**Danger Zone**"; players are not permitted to enter this zone. Also, let students know that all play must cease when the teachers **STOP** signal is given.

Give four balls to four students on each side of the square. At your signal, players **overhand throw** balls at the earthball and make it roll across another side of the square, all while keeping the ball from rolling across their own line. If the earthball crosses over a side of the square, the ball is placed in the middle of the square and play begins again.

Balls **outside** the "Danger Zone" may be picked up and used by any team. Also, balls may only be thrown, and the earthball cannot be touched with the body.

While students are playing, **observe** their ability to overhand throw correctly according to the cue(s) you have been instructing and hopefully they have been learning. For example, you may observe students to see if they step with the opposite foot; use follow-through; arm way back, etc. Periodically stop the activity to give the group feedback on how they are throwing.

Assessment Ideas:

- Our [cue checklist sheet](#) can be helpful with this assessment task.

Teaching Suggestions:

- Place a t-shirt on top of the earthball. The object is for the class to use SOFT "gator skin" balls to knock the t-shirt off the the earthball in the least amount of time possible.

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