

Name/Title: Throw and Run Challenge

Purpose of Event: To give students numerous opportunities to practice throwing and catching.

Suggested Grade Level: 3-5

Materials Needed: Various objects for throwing and catching (one per each group of 3 students); four poly spots or other markers such as cones for each group.

Description of Idea

Quickly review the cues taught earlier for the **overhand throw** (step with opposite foot; extend to target; etc.). Divide class into groups of three (grouping by skill level is helpful here). Explain and demonstrate the following activity:

Each group of three will choose 4 markers and one object to throw and catch. The four markers need to be set down in a row (as if on a line), with two of them (A and B) set approximately 15-20 feet apart and the other two markers (C and D) set approximately 10 feet apart. **Markers A and B** should be separated from **markers C and D** by approximately 5 feet.

At the teacher's signal, players A and B (standing on those respective markers) begin to **throw and catch** the ball back and forth to each other, counting how many throws they make. They **MUST** be standing on the markers when they throw. Also at the signal, player C (standing on marker C) begins to **run back and forth** from marker C to D, counting how many times he/she is able to run back and forth (player C must touch each marker each time). After 30 - 40 seconds or so, the teacher's signal stops everyone. Players A, B, and C compare their scores and then **rotate** positions (A to B, B to C, C to A).

After all players have gotten to play at each marker, bring students in to discuss the quality of their throwing and catching. Note to them that the more accurate their throws are, the more "points" they will score.

Variations:

You can also use this activity to observe students abilities to catch.

Other skills such as passing (foot; chest; bounce) and rolling can also be used for this activity, depending upon which grade level you are working with.

Assessment Ideas:

While students are playing, observe their ability to throw, using the cue which you are focusing

on. For example, if you are looking at "extending to your target", note whether a student "almost all the time", "sometimes", or "rarely" extends or follows-through to their partner.

Submitted by **Tim Alwine** who teaches at Hillcrest Elementary School in Delphi , IN . Additional authors for this idea were Cheryl Natterman . Thanks for contributing to PE Central! **Posted on PEC: 3/17/2001.**

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