Name/Title: Freezamania Throw and Catch

Purpose of Event: To improve students' throwing and catching skills.

Suggested Grade Level: 3-5

Materials Needed: Wiffleballs, bean bags, nerf balls, balzac balls, junior footballs, and other age-appropriate objects for throwing and catching. Also, a cassette and/or CD player.

Description of Idea

After introducing/reviewing the cue for throwing and catching to be focused on during this lesson (for ex. throwing: "follow through to your partner"; "twist your body"; catching: "give with your body"; "pull the ball in to your body"), students are arranged in a scattered formation with one ball for every two children (allow them to choose object to throw).

As a musical selection is played, the children proceed to throw and catch back and forth. When the music goes off,the person that is holding the ball must chase after the other until the music comes on again. When the music starts again, students begin to throw and catch again (you might allow--or require--students to quickly change the object they are using at this point). Observe students during the activity to see if they are using the cues introduced when throwing and catching; give feedback based upon their use of these cues.

Photos and video done by Mark Manross. Thanks so much to John Pomeroy and the kids at Bonsack Elementary for teaching and performing the lesson idea so it could be videotaped and photographed.

Assessment Ideas:

1. Use this activity for an "instant activity" to a lesson, allowing students to use the hand/eye skill of their choice (throw, roll, bounce,etc.) to move the object back and forth.

2. Use this activity as a review of ball-handling skills for students in grades K-2. Students alternate using underhand or overhand throwing; rolling; bouncing the ball, etc. to their partner. Instead of having students chase only their partner, any student who has a ball in his/her hand is "it" and must tag those students without a ball.

NOTE: be sure students have had many opportunities in safely moving around general space and chasing, fleeing, and dodging in a large group. **Stress the safety aspect at the beginning of the lesson!**

Images:

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Image 1 Image 2 http://pe.central.com/lessonideas/images/320freezamania2.jpg

Image 3 Image 4

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http://pecentral.com/lesson/images/freezamania3.jpg

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Submitted by **Gerry Cernicky** who teaches at Kiski Area Schools in New Kensington, PA. Thanks for contributing to PE Central! **Posted on PEC: 9/24/2015**.

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