Name/Title: Catch 100

Purpose of Event: To help students practice catching and throwing skills in a dynamic setting. Students have already learned the basics of catching and throwing.

Activity cues: Quick release, quick feet, eye on ball

Suggested Grade Level: 4-5

Materials Needed: Different size balls, hoops, cones for general space boundaries

Description of Idea

Set hoops out on the gym or outdoor area about 5-15 yards apart. The hoops should be set in rows with 2 hoops across from each other. Place a different type of ball in each pair of hoops. One student goes into each hoop, and on the signal, students throw and catch with the person across from them counting the total number of catches. Every 15 seconds the whistle is blown, and everyone moves in line to a new hoop.

To make this more challenging you may want to:

- move the hoops farther apart
- require overhand throws
- challenge them to reach 100 catches before the end of the activity.

Submitted by **Eloise Elliott** who teaches at Concord College in Athens, WV. Thanks for contributing to PE Central! **Posted on PEC: 11/2/2001**.

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