Name/Title: Tick Tock Goes the Clock

Purpose of Event: To perform the proper form for a one-handed underhand throw/roll.

Activity cues: 1. Face the target 2. Step with the opposite foot from the throwing hand 3. "Tick" -- arm goes back like a grandfather clock 4. "Tock" -- arm swings forward to release the ball (Have the students use the saying "Tick Tock goes the Clock" to help them remember the cues for the underhand throw.)

Prerequisites: To have practiced and be familiar with the cues for the one-handed underhand throw/roll.

Suggested Grade Level: K-2

Materials Needed: 10-12 hoops, 20-24 spider balls, 12-24 popsicle sticks for the teacher, 50 targets (bean bags, deck rings, polyspots, etc.), music

Description of Idea

Scatter 10-12 hoops and the targets (bean bags, deck rings, polyspots, etc.) around the gymnasium. Place two spider balls in each hoop. Assign two students to each hoop, standing back to back, and ask them to hold a spider ball.

When the music starts, students recite "tick tock goes the clock" as they demonstrate proper form for a one-handed underhand throw/roll by throwing the spider ball at any target. If the spider ball tickles the target, the student safely runs to retrieve both the target and the spider ball and brings them back to his/her home hoop. If no target is tickled, (s)he retrieves only the spider ball. During the activity, the teacher walks around and awards students with a popsicle stick when (s)he observes proper form. The activity stops when all the targets are retrieved or the music stops.

Collect sticks for another round. Ask students to scatter targets and find a new hoop (give them a 10-second count). Encourage students to stand back to back with a different student.

Assessment Ideas:

Assessment takes place as the teacher walks around and awards popsicle sticks for the proper form.

Teaching Suggestions:
Have the cues and the words "Tick Tock Goes the Clock" on a large poster hanging on the wall.

Submitted by Sandy Hagenbach who teaches at Heritage Elem. in De Pere, WI. Thanks for contributing to PE Central! Posted on PEC: 3/3/2010.

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