

**Name/Title:** **Throwing at Targets**

**Purpose of Event:** To assess students on their throwing form, challenging them to throw at stationary targets using cues given by the teacher.

**Suggested Grade Level:** 3-5

**Materials Needed:** Throwing manipulatives (gatorskin ball, football, tennis ball), Targets (mats, cones, small targets) [Rubric](#) (PDF)

**Time Needed to Complete:** 15-20 minutes (depending on class size)

**Description of Idea**

Students will move around the gym in groups of 4-5 engaging in various throwing stations. One station will allow teacher to assess students on throwing at stationary targets. 4-5 different targets will be used at the assessment station and the students will throw at each target 2-3 times, giving the teacher time to assess each student.

**Scoring Rubric:**

Write student's name in first column, then put a check mark in column of corresponding level using the cues for throwing. [View rubric](#) (PDF)

Side facing target ? the side opposite your throwing hand is facing the target

Step with opposite foot ? Step towards your target with your foot opposite your throwing hand

Eyes on the target ? keep your eyes on the target at all times

Follow through ? throwing arm should follow the ball, ending up by your knee

**Variations:**

If students have mastered throwing at a stationary target, move on to moving targets, followed by people catching the manipulative and guarded people.

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Submitted by **Mark Krommenacker** in Wisconsin Rapids, WI. Thanks for contributing to PE Central! **Posted on PEC: 3/5/2010.**

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