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.

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

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