

FLAGHOUSE Lesson Plans

Toss & Roll



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Freezemia

Concept Being Taught: Throwing and Catching

Purpose of Activity: To improve students' throwing and catching skills

Suggested Grade Level: 3-5

Materials Needed: Wiffle balls, beanbags, Nerf balls, Balzac balls, junior footballs, and other age-appropriate objects for throwing and catching, cassette and/or CD player.

Description of the Activity:

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 into 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.

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!

Submitted by Gerry Cernicky who teaches at Kiski Area Schools in New Kensington, PA.

Sticker Step Throwing

Concept Being Taught: Throwing

Purpose of Activity: To help children start to understand what foot they need to step with when throwing a ball using an underhand motion.

Cues: Step with the opposite foot.

Suggested Grade Level: PreK-2

Materials Needed: Pack of stickers (enough for each student to have two: one for their hand and one for their foot); yarn or Koosh™ balls, beanbags, hoops, boxes, poly spots

Description of the Activity:

Set up the playing area prior to student arrival by scattering poly spots throughout the playing area. Then place a hoop (or other target) about three to five spaces from the spot.

When you meet your students at the door, ask them to raise the hand that they write or color with. While the students are raising their hand, tell them that you will be placing a sticker on their raised hand and not to touch the sticker unless they are told to. Place the sticker on the back of their hand, then tell them you are going to place a sticker on their sneaker but it is going to be on the sneaker/foot that is opposite to the sticker on their hand.

Ask the students to get a yarn/Koosh™ ball and stand quietly on a poly spot. Have them put the ball in the hand that has the sticker, and then put two feet (side-by-side) on the poly spot. Have them step with the opposite foot (the one with the sticker) and underhand toss to the hoop or other target that is theirs. Practice this for awhile and then as some students start to understand stepping with the opposite foot, remove the stickers.

Submitted by Claire Collins who teaches at Weems Elementary School in Manassas, VA

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