Hoop It Through

Goal:
- To toss the balls through the hoop being held by 2 teammates

Bullying Awareness Objective or Goal:
- To work together to throw and catch a ball

Recommended Grade Level: Grades 3-8

Space or Activity Area: A large area for throwing and catching with movement

Equipment/Materials Needed (for each group of 3 players):
- 1 hoop, #W18711—Bullying Awareness Plastic Hoop
- 1 poly spot, #W743 Orange—Spot Marker Set - 9" Round
- 3 small foam balls, #W18718—Bullying Awareness Dino Skin Ball - 3.5"

Description of Activity/Game:
- 2 players will hold the hoop 15' from the poly spot while one player standing on the poly spot attempts to toss the 3 balls, one at a time, through the hoop
- Each successful toss and catch (through the hoop) scores 1 point
- After all three balls are tossed, another player becomes the thrower

Fitness/Skill Component:
- Throwing

Rules:
- Players must stay in their designated areas
- Players must remain holding the hoop at all times
- All throws must be done from the poly spots
- After all 3 players have had turns throwing, start again but move the hoop to 20'

Assessment:
- How far did your team get away from the poly spot and still be successful?
- What kind of throws did you use?

Debriefing Ideas:
- Talk about how you had to work together to move the hoop to catch a ball
- Discuss how all 3 players had to work together

Adaptations:
- Change from a small coated foam ball to a football
- Increase the distances
- Blindfold one of the players (thrower or catcher)

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