# Throwing and Catching Unit

**Grade Level:** K-1-2  
**Unit Focus:** Throwing and Catching - 5 Weeks  
**Prepared By:** Macchia & Carey

## Overview & Purpose
- Students will be learning proper underhand throwing and catching technique. Students will use these techniques to throw to themselves and various targets. Students will use catching techniques to catch various objects.

## Standards Addressed
- **Standard 1: Personal Health and Fitness**  
  Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.
- **Standard 2: A Safe and Healthy Environment.**  
  Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment

## Learning Outcomes
- I can participate in throwing and catching fitness stations.
- I can step and throw to a target.
- I can catch an object with 2 hands.

## Instructional Activities
### Fitness/Warm Up
1. Everyday stretches mixed with different local motor movements. We will begin to incorporate Upper body strength exercises ABC push-ups, flat tire push-ups.

### Movement/Skill (Lesson Focus)
1. Students will sit and we will discuss the different stations. Each station will be demonstrated and modeled. Questions will be asked to check for understanding.
2. Students will be grouped based on either ability to get along or level of participation and enthusiasm.
3. Stations:
   1. Throwing gator skin balls to hula hoop targets high and low.
   2. Throwing bean bags to cylinder targets on the floor.
   3. Throwing yarn balls using plastics scoops to either themselves or another student. Everyone is encouraged to throw to a classmate.
   4. Agility hurdles to raise heart rate and breathing rate. Stress moving through the hurdles in ONE DIRECTION.
   5. Each station will be about 3-5 minutes. Student will use music as their cue.
   6. Depending on grade level students will be assessed based on the 5 critical elements of throwing and catching. (NYC DOE K-5 PE Scope and Sequence)

### Games/Closure/Cooldown
1. We will clean up and return to the middle of the gym. I will ask questions to check for understanding of why we step and throw and why we face our target.
2. Students will line up

## Materials/Resources
- Hula hoops
- Gator balls, Yarn balls
- Hurdles
- Scoops
- Bean bags, cylinder targets

## Safety
- Remind students we are only throwing to targets

## Modification/Differentiation
- Adjust distances from targets
- We can make targets bigger if necessary
- Add another station to make smaller groups

## Essential Questions
- Why is it important to step with the opposite foot?
- Why do we need to practice throwing and catching?

## Assessment Methods
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**Diagram**