

# Active Learning

By Melinda Bossenmeyer, Ed.D.



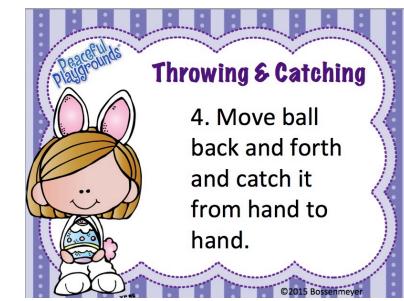
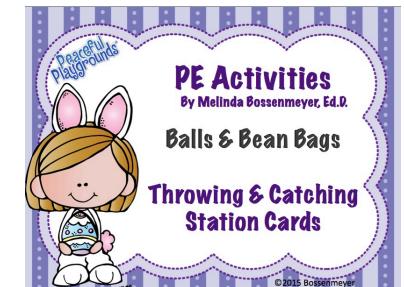
# Easter PE Activities

## Throwing & Catching

By Melinda Bossenmeyer, Ed.D.



GRADES  
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# PE Activities

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Balls & Bean Bags

Throwing & Catching  
Station Cards

# Manipulative Movements Throwing and Catching

- 23 Station Cards
- Cross Curricular Activities
  - Language Arts
  - Social Studies
  - Mathematics
- Teaching Tips
  - Throwing & Catching



## Throwing & Catching

1. Throw a ball up and catch it 10 times without missing.



## Throwing & Catching

2. Throw a ball up, turn around, and catch it.



## Throwing & Catching

3. Throw a ball  
up, clap 3 times  
and catch it.



## Throwing & Catching

4. Move ball  
back and forth  
and catch it  
from hand to  
hand.



## Throwing & Catching

5. Play catch with a partner and throw so that the partner doesn't have to move to catch it.



# Throwing & Catching

6. Roll the ball  
back and forth  
with a partner



## Throwing & Catching

7. Throw bean bags into a hula hoop 3 yards away.



## Throwing & Catching

8. Drop and catch a ball with 2 hands 10 times.



## Throwing & Catching

9. Dribble ball  
with one hand  
10 times.



## Throwing & Catching

10. Bounce and  
catch ball  
behind your  
back.



## Throwing & Catching

11. Throw ball or  
bean bag  
underhand, softly  
and a little harder  
to a partner.



## Throwing & Catching

12. Throw ball or  
bean bag  
overhand, softly  
and then a little  
harder to a  
partner.



## Throwing & Catching

13. Throw ball or bean bag side arm, softly and a little harder to a partner.



## Throwing & Catching

14. Catch a thrown  
bean bag or ball  
with 2 hands.



## Throwing & Catching

15. Catch a thrown  
bean bag or ball  
with one hand.



## Throwing & Catching

16. Throw and  
catch while moving  
with a partner.



## Throwing & Catching

17. Throw a ball so that it spins in the air backwards.



## Throwing & Catching

18. Throw a ball  
so that it spins in  
the air forwards.



## Throwing & Catching

19. Throw a ball  
so that it  
bounces back to  
you.



## Throwing & Catching

20. Bounce pass a ball with a partner.



## Throwing & Catching

21. Bounce pass  
around an object  
to a partner.



## Throwing & Catching

22. Throw a ball or bean bag into the air and catch it behind your back.



## Throwing & Catching

23. Throw a ball  
or bean bag for  
distance.



# Language Arts

- Teach the vocabulary words: throw, catch, bounce, roll, arc, transfer, release, follow through, focus, tracking, rotate, spin and accuracy.



# Social Studies

- If you have a U.S. Map painted on the playground...

Have students throw bean bags and name the state the bean bag lands on.



# Mathematics

Draw a target on the ground with chalk. Give number values to each circle.

Have students throw at the target and add up their score while taking turns.



# Teaching Tips

## Throwing

- Throwing requires a forward weight transfer.
- Focus on eyes on the target.
- The release insures an accurate throw when you follow through.



## Catching Tips

- Catching requires concentration with the eyes on the object.
- Body should be aligned behind where the ball is being throw (don't reach to catch but catch object at the center of your body.)

Give with the ball.



## Catching Tips Cont.

- Point out that objects are best caught above the waist by placing the hands in a “thumbs together” position and below the waist by placing the hands in a “fingers together” position.

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# Throwing and Catching

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# Throwing and Catching



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# Throwing and Catching

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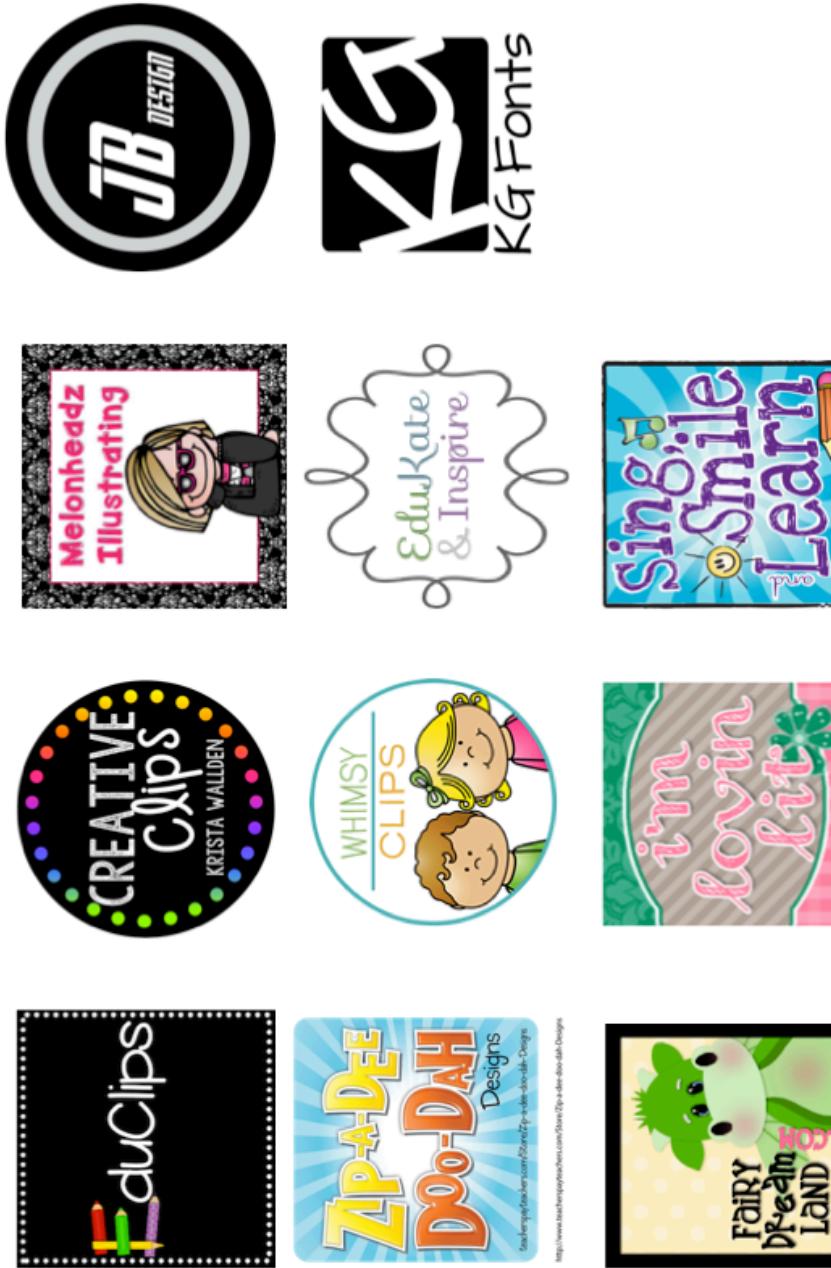
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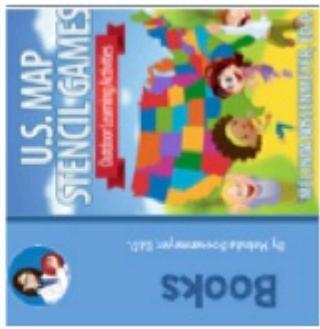
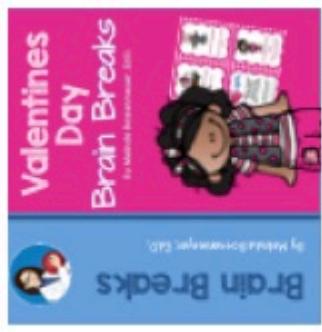
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