



Active Learning

By Melinda Bossenmeyer, Ed.D.

Easter PE Activities

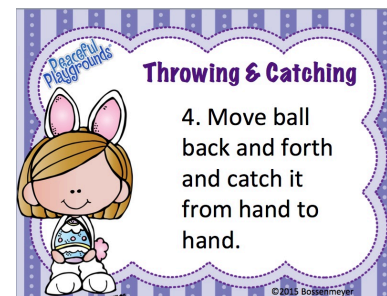
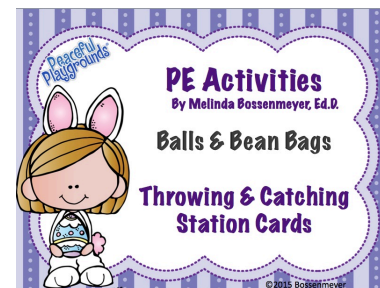
Throwing & Catching

By Melinda Bossenmeyer, Ed.D.



GRADES

K-6





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.



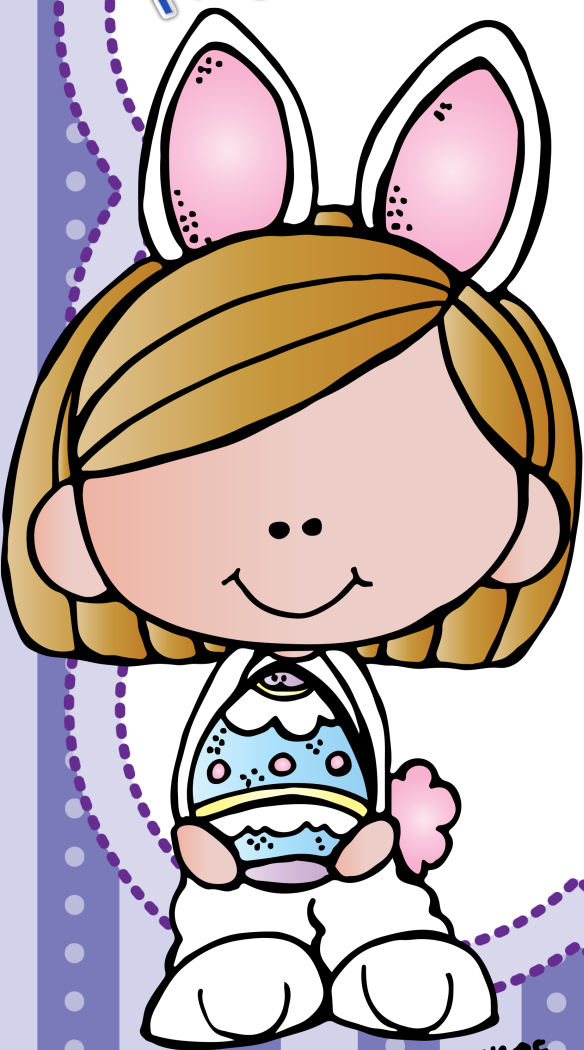
Throwing & Catching

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

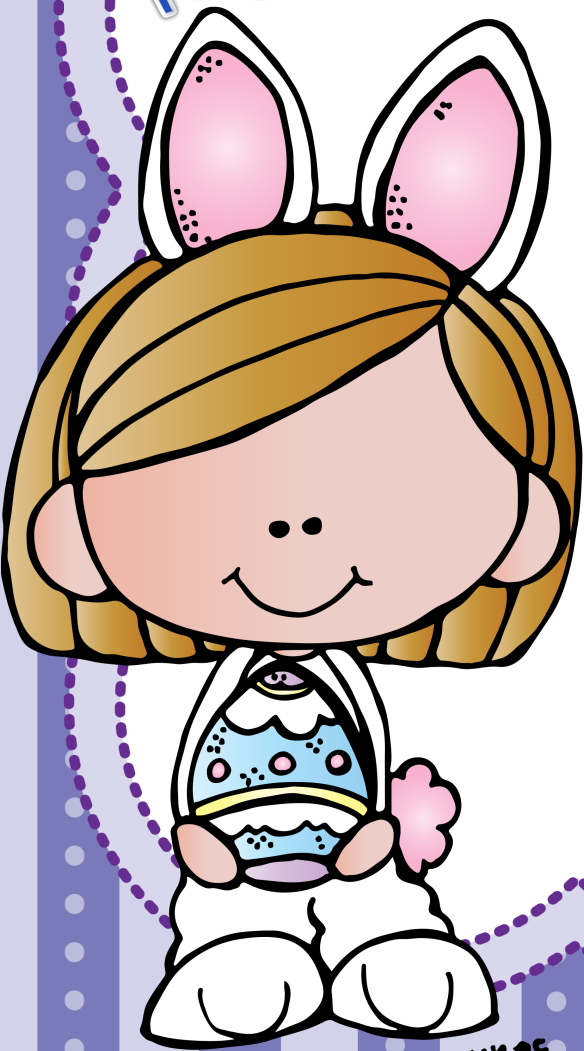
Kicking

Striking

Striking w/out implement



Throwing and Catching





Throwing and Catching





Throwing and Catching



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