Learning Objectives
• Students will be able to demonstrate catching and throwing skills with a variety of tossables.
• Students will be able to move safely and independently through a circuit.
• Students will be able to cooperate with a partner to successfully complete challenges.

Learning Targets
• I can perform catching and throwing skills with different tossables.
• I can be responsible and safe going through a circuit.
• I can cooperate with my partner.

Teaching Cues
• Cooperate and take turns with your partner.
• On the signal place the equipment next to the cone.
• Quickly rotate to the next station.

PREP
• 6-10 cones (1 per station)
• 6-10 hoops (1 per station)
• Choose 6-10 Catching and Throwing Skill Cards (SPARKfamily.org) to use as stations (1 per station)
• Read through the Catching and Throwing Skill Cards for specific equipment needs (e.g., beanbags, scarves, hoops, etc.)
• Music: Interval music (SPARK K-2 Music on SPARKfamily.org)
• Music player

SET
• Create a circuit by placing cones and hoops around the perimeter with at least 15 paces between stations. The greater the distance, the more aerobic the activity.
• Place 1 Catching/Throwing Circuit Skill Card on each cone.
• Set necessary equipment inside the hoop at each station.

TEACH
1. Lesson Objective
   • The object of Catching and Throwing Circuit is to practice catching and throwing skills in a fun and active way.

2. Instructions
   • (Disperse pairs equally among stations and begin.)
   • (Do a practice run through each station. Have students demonstrate proper technique.)
   • Back to back! When you have a partner, move to a low level so I know you’re ready.
   • Show how well you can share, take turns, and help your partner.
   • While the music plays, be active at your station. When it stops, rotate to the next station (point).
   • Continue until you hear my stop signal.

REFLECTION QUESTIONS
• Show me a thumbs up if you:
• Cooperated with your partner.
• Tried your best in each activity.
• Encouraged your partner and were respectful of our equipment.
• What did you enjoy most about the Catching and Throwing Circuit? Explain.
• What did you do to throw your tossable farther? With greater accuracy?
Catching and Throwing Circuit

Teaching Suggestions
• Vary the skills used for rotating to the next station. Try a different locomotor pattern, animal walks, etc.
• Alternate an individual skill card with a partner skill card from station to station.
• Remind students to focus on their beanbag/ball, but if another rolls toward them, they may pick it up and give it back.
• For larger class sizes, increase the number of students per group or add more stations.
• Use fun music to motivate students.
• Students should focus on quality rather than quantity.
• Choose different Catching and Throwing Circuit Skill Cards each time to keep it fresh.

SPARK It Up!
1. Individual Challenge Circuit
   • (Select individual challenges rather than partner challenges.)
2. Own Pace
   • Move through the stations at your own pace and in any order. You may stay longer at stations you need to focus on or enjoy the most. If a station does not have enough equipment available, move to another and come back later.
   • (Provide any guidelines you see fit. Use upbeat music.)

Integrations
Incorporate math questions and answers into the stations.
• Toss and catch your beanbag $2 + 3$ times.
• How many balls can you throw into a hoop (or other target) out of $4 + 5$ tries?
• How many rolls will it take you to topple $6 - 2$ pins?

Standards Alignment
Standard 1: Outcome 13
Throws underhand with opposite foot forward.
Standard 1: Outcome 16
Catches a self-toss or well-thrown large ball with hands, not trapping or cradling against body.
Standard 4: Outcome 4
Works independently with others in partner environments.
Standard 5: Outcome 3
Describes positive feelings that result from participating in physical activities.

SEL Competencies
Self-Awareness
Peer interaction
Self-Management
Self-discipline
Relationship Skills
Cooperation

Vocabulary
• focus
• rotate
• station

Teacher Reflection