

OBJECTIVES	EQUIPMENT	SPARK HEALTHY MESSAGE
<ul style="list-style-type: none"> • Small object manipulation • Eye-hand coordination • Throwing and catching 	<ul style="list-style-type: none"> • 1 beanbag/pair (or rolled up sock) • 1 fluffball/pair (crumpled up piece of paper / newspaper, yarn ball) • Other small soft objects to throw and catch • Music and player (optional) 	<p>Play actively Create a moving route (with parent / guardian) around your neighborhood that includes changing intensity at various landmarks (e.g., walk to the top of the hill, jog to the park, run 1X around the baseball field, side-slide to a slide, jog to the bottom of the hill, walk to the top, run home).</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
<p>ACTIVITY 3: PARTNER THROW AND CATCH - OVERHAND</p>	<ul style="list-style-type: none"> • Give each child a beanbag or soft tossable. • After having pair select 1 fluffball and 1 beanbag, move them to partner face off, 5 paces apart. 	<ul style="list-style-type: none"> • Today, we're going to "Partner Throw and Catch – Overhand!" • You and your partner can pick a soft tossable and stand about 10 paces from me. • Turn and face your partner and stand 5 paces apart. • We'll start with the fluffball. Put the beanbag on the ground – far enough away so you won't step on or trip over it. • When music starts (or "Go") practice tossing and catching the fluffball. • Make your throws soft and easy to catch. Aim for our partner's hands. • Watch the object; have your hands up and ready to catch! <p>1-Hand Overhand (baseball) Throws:</p>

ACTIVITY	WHAT YOU DO	WHAT YOU SAY
	<ul style="list-style-type: none"> • On 1-hand tosses/throws, reinforce children stepping with 1-foot towards their target (opposite foot to hand, e.g., throw R, step L.). • When teaching throwing with 1-hand, “Reach back, step and throw,” may be all the auditory cues some children can process. • Play “Step Back” for 2-3 minutes. Move to provide feedback and help if needed. 	<ul style="list-style-type: none"> • Stand sideways to your target. Feet shoulder width apart. • Point at the target with your opposite hand, reach back and point the ball directly behind you. • Step towards your target with your opposite foot. • Turn to face your target, bring throwing arm forward, extend it, and release the ball when it points at your target. • Follow through. <p>Step Back</p> <ul style="list-style-type: none"> • When you and your partner each make a catch, take 1 step back and try again. • Try this all again, but now overhand throw and catch with the beanbag. • Next, try it with a different tossable.