

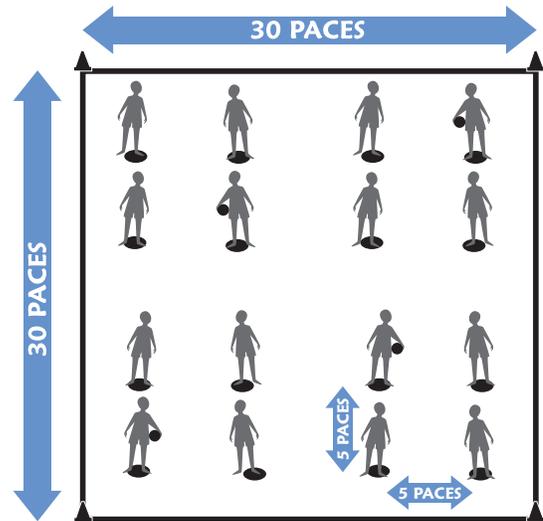


Ready

- 4 cones (for boundaries)
- 1 7" foamball per 4 students
- Assorted balls (fluff, yarn, foam) and other tossables (scarves, beanbags, foxtails)
- 1 spot marker per student
- Music and player

Set

- Create large (30X30 paces) activity area.
- Use spot markers to create squares of 4 spots each, 5 paces apart.
- Create groups of 4, then send them to a square, each student standing on a spot.
- Distribute 1 ball per group.



GO!

1. Switcheroo

- When the person holding the ball says, “Switcheroo,” everyone moves to a new spot, and gets ready to catch an underhand toss. The ball-holder then makes the toss.
- Whoever catches the toss says, “Switcheroo,” to continue the game.
- Tossers, hold the ball until everyone is on a spot and ready to catch.
- How many catches can your group make in 1 minute?
- *(Continue play for several minutes.)*

2. Longer Throws

- Pick up your spot, take 2 steps back, and drop it. We’ll play again with longer passes.
- Can you use a different type of throw each round? *(Overhand. Underhand. With your L hand, etc.)*
- *(Continue play for several minutes.)*

3. On the Move

- This time, pass to someone while they’re moving. Throw the ball ahead of your target, where you think they’ll be by the time the ball arrives.
- That’s called “leading” your receiver. A receiver is the person who catches the ball.
- *(After several minutes.)* How many catches can your group make in 1 minute?
- *(Continue playing, switching the tossables.)*

SWITCHEROO

GO! (continued)

4. Wrap It Up

- How do you decrease the force of the ball when you catch it? (*Have soft arms and hands that “give” with the ball during the catch.*)
- Who will name a sport where people catch a ball while moving? (*Football, basketball, baseball, etc.*) Which is easier? Throwing accurately to a moving target or a stationary target? Why?

* SPARK™ IT UP!

* New Choice

Every few minutes I'll give a signal to switch types of balls. Whoever has the ball on my stop signal runs quickly to change to a new one.

* Hot Potato

When the music starts, pass your object in a clockwise (*point*) direction to the person next to you. Do it quickly, as if it were a hot potato! When you hear, “Switch!” change directions. How many times can you move the ball around your group in 30 seconds? (*After trials.*) Which group is ready to try it with 2 tossables?

* Hot Potato Switcheroo

(*Provide each group with a different tossable: beanbag, foamball, tennis ball, etc.*) When the music starts, toss and catch your object with others in your group. Pass it quickly, as if it were a hot potato! When the music stops, whoever is holding the ball runs counterclockwise (*point*) with it to join the next group. Begin tossing and catching the new object when they arrive.

SWITCHEROO

STANDARDS ADDRESSED

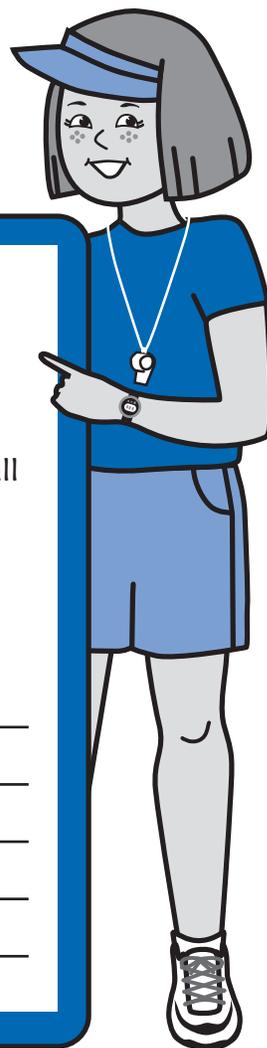
- **NASPE**
#1, 2 Spatial awareness, throwing, catching
#3, 4 Participates in enjoyable, challenging activities
#5, 6 Participates, appreciates, enjoys movement, cooperates with a small group

Your State (Write in here)



WELLNESS

It is great to catch things like balls and beanbags. Not so great to catch a cold or flu bug. Keep yourself healthy by washing your hands whenever you are in a restroom and before you eat. Use hot water and soap, and keep rubbing your hands together until you finish singing happy birthday to yourself!



PAULA'S POINTERS

- Vary the locomotor movements from spot to spot each round.
- For beginners, reduce group size to 3. You call "Switcheroo," for all groups.

Vocabulary

Leading, stationary, receiver

NOTES
