



Ready

- 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 those *Catching and Throwing Skill Cards* for specific equipment needs (e.g., beanbags, scarves, hoops, etc.)
- Music: Interval music (*SPARK K-2 Music CD*)
- Music player



 = Cone with 1 Skill Card

Set

- Create 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 needed equipment inside the hoop at each station.

GO!

1. Today we will do a fun and active *Catching and Throwing Circuit*.
2. (*Do a practice run through each station. Have students demonstrate proper technique.*)
3. Back to back! When you have a partner, move to a low level so I know you're ready.
4. Show how well you share, take turns, and help your partner.
5. While the music plays, be active at your station. When it stops, rotate to the next station (*point*).
6. Continue until you hear my stop signal.
7. (*Disperse pairs equally among stations and begin.*)
8. **Wrap It Up**
 - What do you do to throw your beanbag farther? With greater accuracy? Show me a thumbs up if you:
 - Shared and took turns.
 - Kept your hands and feet to yourself.
 - Tried your hardest in every activity.
 - Were courteous with others and respectful of our equipment.

CATCHING AND THROWING CIRCUIT

* SPARK™ IT UP!

* Individual Challenge Circuit

(Select individual challenges rather than partner challenges.)

* 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.)



ACADEMIC

Math

(Incorporate math questions and answers into the stations.)

- Toss and catch your beanbag $2 + 3$ times.
- How many balls can you throw into a trash can out of $4 + 5$ tries?
- How many rolls will it take you to topple $6 - 2$ pins?



STANDARDS ADDRESSED

National PE Standards

Movement/Skills:

Spatial awareness, throwing, catching

Fitness:

Participates in enjoyable, challenging activities

Personal/Social:

Participates, appreciates, enjoys movement, cooperates with a partner and a small group

Your State (Write in here)



PAULA'S POINTERS

- Choose different *Catching and Throwing Circuit Skill Cards* each time to keep it fresh.
- Vary the skills used for rotating to the next station. Try a different locomotor pattern, animal walks, etc.
- Use fun music to motivate students.
- Focus on quality rather than quantity!

NOTES

