**Bowling**

- Knock down the pins by rolling the ball from the starting line. When you knock pins down, set them up for your next round.
- How many can you score before the signal?

**Basketball**

- Using an underhand toss, shoot yarnballs into the basket. When all have shot, retrieve your yarnballs and play again.
- How many can you score before the signal?
CATCHING AND THROWING

**Bowling**

**Ready**
- 1 place-holder for pins (spot markers work well) per student at station
- A starting line (spot marker, line on floor, etc.)
- 1 small ball per student at station
- 2 bowling pins (or cones, water bottles, etc.) per student at station

**Set**
- Lay place-holders 3-5 paces from the starting line and 2 paces apart. Place 2 bowling pins on each.
- Students stand at the starting line to bowl, each with a ball.

**Basketball**

**Ready**
- 5 yarnballs per student at station (or balled-up paper, fluffballs, etc.)
- 1 basket (or box, trashcan, etc.)
- 1 spot marker per student at station

**Set**
- Place target in center of station.
- Place spot markers in a circle 5-7 paces from target. Distribute yarnballs to spot markers.
- Students stand on spot markers and throw to target.
Target Tossing

★ Stand on a spot marker and aim at the hoop. Throw 1 ball over the target. Throw 1 ball into the target.
★ How many can you score before the signal?

Self-Toss and Catch

★ Toss the beanbag and catch it without leaving your spot.
★ Toss with 1 hand and catch with 2 hands. Now try to catch with 1 hand.
★ Can you alternate hands?
**Target Tossing**

**Ready**
- 1 spot marker per student at station
- 3-5 yarnballs (or beanbags) per student at station
- 1 hoop

**Set**
- Place target (hoop) in center of station.
- Place spot markers in a circle 5-7 paces from target. Distribute yarnballs to spot markers.
- Students stand on spot markers and throw to hoop.

**Self Toss and Catch**

**Ready**
- 1 beanbag per student at station
- 1 spot marker per student at station

**Set**
- Place spot markers in station area, each with a beanbag on it.
- One student per spot.
**Pancake Flip**

- Put the beanbag on the palm of your hand. Flip it like a pancake and catch it.
- Now try to catch it on the back of your hand.

**Toss, Clap and Catch**

- Toss beanbag and clap your hands before you catch it.
- How many times can you clap before catching the beanbag?
- Try to stay on your spot.
Pancake Flip

**Ready**
- 1 beanbag per student at station
- 1 spot marker per student at station

**Set**
- Place spot markers in station area, each with a beanbag on it.
- One student per spot.

Toss, Clap and Catch

**Ready**
- 1 beanbag per student at station
- 1 spot marker per student at station

**Set**
- Place spot markers in station area, each with a beanbag on it.
- One student per spot.