



PE/Health Virtual Learning

7th/8th PE

Target tossing/throwing

May 07, 2020



Grade/Course

Lesson: May 7, 2020

Objective/Learning Target:

Performs consistently (70 percent or more of the of the time) a mature throwing pattern, with accuracy and control, for target games such as bowling, bocce or horseshoes.

NASPE (S1.M18.8)

Lesson Objective/Essential Question

EQ: How do we throw objects at a target? Are there different ways to achieve this goal?

Objective: Students will be able to take a ball or other round object and make it in a target multiple times.

Warm-Up Activity

Warm-up by doing a light jog for 1 minute. After one minute of jogging, walk 1 minute. Repeat this 2 more times. Extend the jogging or walking time as needed

10 [Burpees](#)

10 [Jumping Jacks](#)

Practice

- Definition
 - Toss- to throw with a quick, light, or careless motion or with a sudden jerk
 - Throw- to propel **through** the air by a forward motion of the hand and arm

3 Forms of Throwing/Tossing:

1. [Underhand Toss](#)
2. [Overhand Throw](#)
3. [Basketball shot](#)

Practice

Equipment needed-

- Small trash can/bucket
- Small ball/hand towel/scrap paper
- 3 Cones or stationary marker

Set-up:

- Place the trash can/bucket on the floor (Not against the wall)
- Put first marker 5 ft from the trash can, in the same line put the second marker 10 ft from the trash can and the final marker 15 ft
- Place your small ball/hand towel/scrap paper at the first marker. If not using a ball, tie up the hand towel to make big knot, or crumple up the paper in a ball

Practice

Activity- Using one of the 3 forms mentioned in the previous slide:

Stand at the 5 ft marker and make it in the trash can. Once made:

Move to the 10 ft marker and make it. Once made:

Move to the 15 ft marker and make it.

Every time you miss, at any distance, do 10 Burpees or 10 Jumping Jacks

Practice

To make the activity more competitive:

1. Time yourself and try to keep improving the time
2. Grab a partner, set up an additional activity for them and challenge them
3. Do more, or less, exercises if a shot is missed

Self-Reflection

Which one of the forms of Tossing/Throwing was easiest?

Was one form of throwing easier at a certain distance?

Critical Thinking

- What different sports require throwing/tossing? Why is it important to be able to alter the way you throw or toss?

Additional Resources/Ideas

[Cornhole Toss](#)

[“Granny Toss”](#)

[Grand Prize Game](#)