

**Name/Title:** Decorate a Cookie

**Purpose of Event:** To introduce the proper underhand throwing skill.

**Activity cues:** Underhand Throwing •Face target •Step with opposite foot from the throwing arm •Bring arm back like a grandfather clock •Swing arm forward and release the bean bag

**Suggested Grade Level:** K-2

**Materials Needed:** gymnasium with a half court line, 7 Hula hoops, 7 cones, 21 beanbags (or yarn balls)

### Description of Idea

Place cones equally apart from each other at one end of the gymnasium to designate seven starting lines. Place three beanbags in front of each cone and a hula hoop one foot from the half court line (on the other side) in the gym.

The teacher will ask one student to volunteer demonstrating how they would underhand throw a beanbag. (Teachers should look for cues that are stated above and reinforce correct cues.) The teacher will then demonstrate the proper way to underhand throw, detailing each cue (above) before asking students to demonstrate.(Review the cues in order as they demonstrate.) This is a perfect opportunity for teachers to provide positive feedback for those demonstrating proper form. (“Great job stepping forward with the opposite foot.” And/Or “You faced your target. Good for you!”)

The teacher will reveal the purpose of the game. “I need your help! I have started to bake cookies in an oven, but forgot to put toppings on them. If you look at the other end, you will see the cookies baking in the oven (hula hoops) and see there are no toppings! What kind of toppings do you like? (pause for answers such as oatmeal, chocolate chips, raisins, frosting, etc.) They all sound yummy! There are toppings in front of each cone (beanbags). Will you please help me decorate the cookies by underhand throwing the toppings on top of the cookie (beanbags that land inside the hoop)?”

"Here's the plan: I will be asking three of you to stand behind one cone in a line. On a signal, the first person in line grabs one topping (beanbag) that is in front of the cone, runs up to the opening of the oven (half court line), stops, and underhand throws the topping toward the cookie (hoping to land the beanbag inside the hoop). The first person then will run back, high five the next person in line who repeats the same activity. The first person will go to the back of the line. When each person in the group has thrown a topping at the cookie, run in place behind

your cone so I know. I will check to see if all toppings made it on top of the cookie. If they did, I will move the cookie (hula hoop) a little farther into the oven (2 feet past half court line) and you will try again. If the toppings did not all make it on top of the cookie, I will return your toppings and you can try again from the same distance. Each time all the toppings make it on top of the cookie, I will move the hoop farther back."

### **Assessment Ideas:**

As students come to the half court line, the teacher can easily check for proper underhand throwing form, using the cues as criteria.

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Submitted by **Emily Rikli** in Aurora, IL. Thanks for contributing to PE Central! **Posted on PEC: 12/31/2011.**  
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