

## TWO BALL TOSSERS

### STUDENT TARGETS

- ✓ **Skill:** I will accurately throw the ball to my partner.
- ✓ **Cognitive:** I will recite the cues for catching a ball at different heights.
- ✓ **Fitness:** I will stay physically active throughout the activity.
- ✓ **Personal & Social Responsibility:** I will work cooperatively with my partner to make good throws and catches.

### TEACHING CUES

- ✓ Eyes on the Ball
- ✓ Hands a Target
- ✓ Thumbs Together (Chest or Above)
- ✓ Pinkies Together (Below the Chest)
- ✓ Two Hands Absorb the Ball

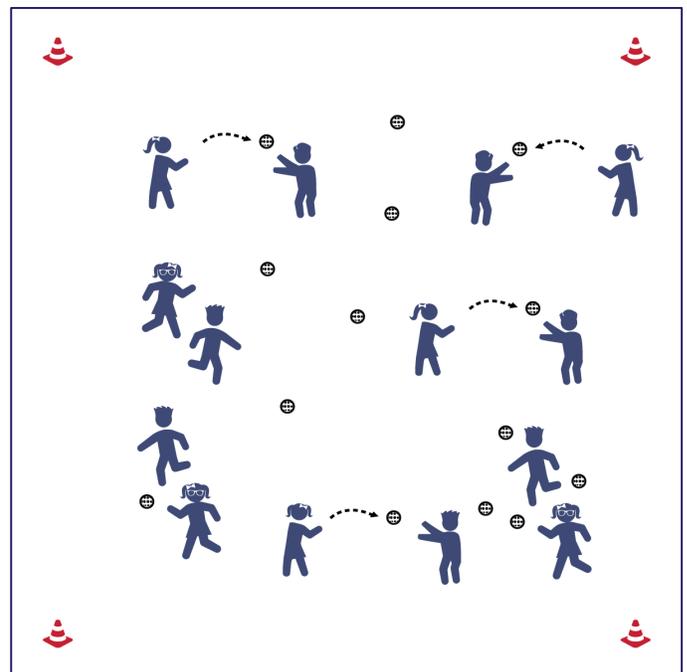
### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- ✓ 1 ball per 2 students

**Set-Up:**

1. Balls will be scattered around the gym.
2. Pair students; each pair with a ball.



**Activity Procedures:**

1. Today we're going to work on our throwing and catching skills with a game called Two Ball Tossers. The object of the game is for you and your partner to accurately throw and catch as many plastic softballs as you can before the time is up.
2. On the start signal you'll move to a ball, pick it up and make a good throw to your partner. Your partner will then throw the ball back to you, and you'll put it back on the ground while your partner moves to a new ball.
3. Your partner will then pick up the new ball and make a good throw to you. You'll throw back to your partner and then move to a new ball. Continue until you hear the stop signal.

**Grade Level Progression:**

3<sup>rd</sup>: Focus on underhand throwing.

4<sup>th</sup>: Review underhand throwing and move to overhand throws.

5<sup>th</sup>: Prompt students to remain moving while throwing and catching. They must pick the ball up, move during both throws and catches, and then place the ball in a new part of the activity area.

**TWO BALL TOSSERS**

UNIVERSAL  
DESIGN  
ADAPTATIONS

- ✔ Use a variety of different balls, allowing students to select the ball they are most comfortable catching.

ACADEMIC  
LANGUAGE

Accuracy, Actively Engage, Catch, Manipulative Skill, Overhand, Throw, Underhand

STANDARDS  
& OUTCOMES  
ADDRESSED

- ✔ **Standard [E1.4-5b]** Uses various locomotor skills in a variety of small-sided practice tasks, dance, and educational gymnastics experiences (4); Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics, and dance (5a); Combines locomotor and manipulative skills in a variety of small-sided practice tasks/games environments (5b).
- ✔ **Standard 1 [E13.3,5a&b]** Throws underhand to a partner or target with reasonable accuracy (3); Throws (underhand) using a mature pattern in non-dynamic environments, with different sizes and types of objects (5a); Throws (underhand) to a large target with accuracy (5b).
- ✔ **Standard 1 [E14.3-5b]** Throws overarm, demonstrating three of the five critical elements of a mature pattern, in non-dynamic environments, for distance and/or force (3); Throws overarm using a mature pattern in non-dynamic environments (4a); Throws overarm to a partner or at a target with accuracy at a reasonable distance (4b); Throws (overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects (5a); Throws (overarm) to a large target with accuracy (5b).
- ✔ **Standard 1 [E16.3-5]** Catches a gently tossed hand-sized ball from a partner, demonstrating four of the five critical elements of a mature pattern (3); Catches a thrown ball above the head, at chest/waist level, and below the waist using a mature pattern in a non-dynamic environment (4); Catches a batted ball above the head, at chest/waist level, and along the ground using a mature pattern in a non-dynamic environment (5a); Catches with accuracy, both partners moving (5b); Catches with reasonable accuracy in dynamic, small-sided practice tasks (5c).

DEBRIEF  
QUESTIONS

- ✔ **DOK 1:** Can you remember the cues for throwing (underhand/overhand)? How about catching?
- ✔ **DOK 2:** How does where you catch the ball (high/low) affect how you catch it?
- ✔ **DOK 3:** How is throwing related to sports like softball and baseball? How is catching related?

TEACHING  
STRATEGY  
FOCUS

**Organize students to interact with content:** The game of Two Ball Tossers is designed to provide a large number of touches for each student. In other words, the pace and organization of this game provides many opportunities for each student to both throw and catch a ball. At the same time, students are required to demonstrate cooperation and personal responsibility.