

PHYSICAL EDUCATION LESSON THE ADVENTURES OF MR. TOSS

EQUIPMENT: Story, 8-10 medium sized soft foam (or similar) balls or objects such as beanbags.

FOCUS: Underhand throwing, catching, and listening skills

ACTIVITY: (15-18 min.)

Organization: Have the students pick a partner and one beanbag per group. Students will line up with their partner and practice tossing and catching.

The Adventures of Mr. Toss: After students have had an ample practice in underhand throwing to themselves, to a partner, or to targets. Explain you will be telling them a really cool story. Explain that there is a “magic word” in this story, and they will have to listen closely to hear it. First, each student should get a partner. Each group will be given an object to toss. As the story is read, whenever the word “**toss**” is said, the person with the object must toss it to his/her partner, remembering the correct way to toss and catch which they previously learned. They shouldn’t worry about tossing fast, but tossing well.

Mr. Toss, The Amazing Fireman : Mr. **Toss** was one of the best firemen. He and his fire-fighting dog, Spot, were the quickest team around. It was late during the quiet night at the station when suddenly Mr. **Toss** sprang up in his bed to the sound of the alarm that went, "Beep, Beep, Beep!" He immediately realized that someone was in danger and **tossed** his blankets onto the floor and popped out of bed. The only problem was that Mr. **Toss** had been particularly messy that week and he was **tossing** dirty socks and shirts around in piles in an attempt to find his fire-suit. After **tossing** and **tossing** clothes and trash into new and bigger piles of junk, he saw the sparkling yellow color of his favorite fire-suit, which he slipped on. He then, snatched his red hard-hat of his terribly cluttered dresser and **tossed** it on his head. Oh no! Where was his fire-dog, Spot? In a panic, he realized that he had probably covered Spot under a pile of junk that he had carelessly **tossed** just seconds earlier. He knew his dog had a tendency to sleep through the alarm and so he, again, started **tossing** and **tossing**. He was in such a hurry at this time that he was **tossing** handfuls of banana peels and socks high into the air hoping to uncover Spot. Sure enough, Spot was sound asleep in pile of unmatched socks. Mr. **Toss** grabbed his dog, his boots that he would **toss** in the truck, and slid down the fireman pole, which **tossed** him and his dog right into the driver's seat of the huge shiny red fire engine. Mr. **Toss** and Spot were surprised at how bumpy the ride was up to the fire. They **tossed** and **tossed** in their seats as they went over huge rocks through the mountains. The fire engine came to a screeching halt at the top of a mountain when they saw the bright red crackling fire. Flames were being **tossed** about a huge dark mansion on the seventh floor. Mr. **Toss** immediately saw a little girl, trapped in a window of flames, who was **tossing** her favorite toys out the window so they wouldn't melt. "Little girl, please stop **tossing** your toys because it isn't safe!" Mr. **Toss** exclaimed. The little girl wouldn't listen though. She just kept **tossing** her toys into a fluffy bush down below. Mr. **Toss** decided that he would have to rescue the girl. Mr. **Toss** **tossed** his fire-dog the huge hose and told him to spray out the flames so he could save the little girl. Mr. **Toss** leaped into the flames, but he was running so fast that the sparking flames **tossing** about the stairs couldn't catch him. Mr. **Toss** **tossed** aside burning chairs and tables until he was able to snatch the scared little girl along with an armful of her toys. Mr. **Toss** took off his jacket and **tossed** it over the nervous little girl so she wouldn't breathe any of the thick black smoke. Mr. **Toss** **tossed** furniture out of the way as they went over shelves, through potted plants, and under tables. The girl and her toys **tossed** and **tossed** in Mr. **Toss's** arms as he ran down the six flights of stairs. When they came to the front door, they both took a gasp of fresh air with a great relief. Mr. **Toss** saw that his dog, Spot, had done a wonderful job, as usual, at **tossing** water all over the flames and putting them out. The fire engine **tossed** Mr. **Toss**, Spot, and the little girl all the way to town. They took the girl back to her home and all was well. Mr. **Toss** and his fire-dog fulfilled their mission for the day.