

Throwing Activities and Games Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p><u>Throwing</u>- Throwing will be the main focus in the lesson. There are a few great activities for kids to improve and work on.</p> <p><u>Partner Pass</u>- one of the two pairs gets a ball. Take turns throwing back and forth. If your pass makes it to you partners successfully without them moving or taking a step, you are allowed to take on lunge back. See how far you can throw the ball back and forth.</p> <p><u>10 Pass</u>- Divide into two teams. Give them the whole field. Each team must pass to teammates 10 times without being dropped or intercepted. If a pass is dropped or intercepted it switches teams and the team that dropped it must start from zero again. Cannot pass back and forth and can only take three steps.</p>	<ul style="list-style-type: none"> - Balls to throw (dodgeballs) - Pylons for boundaries
<p><u>Games to Play</u></p> <ul style="list-style-type: none"> - Family dodgeball - Backyard Baseball - Egg Throwing Contest - Football 	<p style="text-align: center;">-</p>