### Objective(s):
1. Throw and catch an object with a partner while both partners are moving.
2. Throw overhand at increasingly smaller targets, using proper follow-through.
3. Catch a fly ball above the head, below the waist, and away from the body.
4. Improve fitness levels by participating in moderate to vigorous physical activity (MVPA) on a regular basis.
5. Collaborate with a partner to access previous knowledge re: throwing/catching.
6. Analyze partner performance and provide appropriate feedback.

### Materials/Equipment:
- Ragballs or super soft softballs, tennis ball or 7” poly ball, poly spots, several small cones

### Vocabulary/Concepts:
Words frequently used - ready position, body/arm position, receive the ball, track the ball, stride position, opposition, underhand/overhand, follow-through, accuracy, force, distance, speed

### Anticipatory Set:
Turn to a partner and have a conversation about what you know about the correct technique to throw a ball overhand and to catch/field a ball.

**Review key skills for an Overhand Throw and Catching the ball, with a visual demonstration by teacher and volunteer, or using a student to model skills while teacher identifies targeted cues.** *(This could be done inside classroom prior to going outside for activity-see pictures).*

**Overhand Throw – Target using follow-through**
1. **Non-throwing side/shoulder to the target** (right-handed thrower, point left shoulder/side towards target).
2. Throwing arm should be back behind head, and bent at the elbow by your ear.
3. **Step** with your opposite foot towards the target moving your arm forward. (if throwing with right hand, step towards target with your left foot).
4. **Release** the ball while pointing at the target with your throwing hand
5. **Follow-through** by letting your throwing arm come across the opposite side of your body.

**Catching/Fielding a Ball**
1) Visually **track** the ball with your eyes all the way into your hands.
2) **Reach** your arms towards the ball. Keep it in front of you.
3) **Give** with the ball as the ball hits your hands to make a soft catch. Use two hands to catch and secure the ball for greater success.
4) When catching a ball, **“Pinkies and Thumbs Rule”** is a easy way to remember what to do – pinkies are together if the ball is below the waist, and thumbs are together if ball is above your waist.
5) **Quick feet** means move your feet quickly to get into position to catch the ball.

Ask students to show you, by putting fingers up in front of their chest, how many of the steps they remembered when they talked with their partner.
## Throw & Catch While Moving

<table>
<thead>
<tr>
<th>Instruction:</th>
<th>Skill: Throw and Catch an object with a partner while both partners are moving. Demonstrate in front of class, or have two students volunteer to demonstrate.</th>
</tr>
</thead>
</table>
| **Key Cues** | 1. The ball must be thrown slightly ahead of your partner so they can move to it and catch it. “Lead them to the throw”  
2. When both players are moving in the same direction, force and speed must also be considered. The ball may need less force but greater accuracy for partner to catch it.  
3. If players are moving in opposite directions, more force must be applied to the throw to cover the distance between players.  
4. To catch a ball while moving, the player must track the ball to gage their speed while moving—slowing down or speeding up. The ideal way to catch the ball would be to turn the body towards the ball, squaring shoulders, both hands reaching out, and pulling the ball into the body. |

**Demonstration/modeling of new skills and practice activity.**

**Activity:** Partner Practice  
Working with a partner, have class spread out in a large open space, making sure that each pair has at least a 15 x 15’ working area (use cones if needed to define area(s). Encourage partners to give each other feedback.

### 3 minute Partner Practice Whistle Drills –
**Organizational Cues: One whistle signals start and stop, two whistles mean change partners.***

1. Partners 10 feet apart - moving in the same direction throwing and catching the ball cone to cone  
2. Partners move in opposite directions
   **Change partners**
3. Partners 15 feet apart – moving in the same direction throwing and catching the ball cone to cone  
4. Partners move in opposite directions (15 feet)  
   **Change Partners**
5. One partner moves from cone to cone, the other moves in a zigzag pattern  
6. Random throwing and catching patterns in space

**Teacher moves between groups giving targeted feedback and encouraging students to give feedback to their partners that is specific to the steps/cues demonstrated and presented.**

### Guided Practice (w/feedback to students):

<table>
<thead>
<tr>
<th>Throw:</th>
<th>When you are throwing at a moving target throw slightly ahead of the player so they can run to the ball.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catch:</td>
<td>Follow the ball into your hands. Watch the flight of the ball and judge how far it will travel so you can adjust your speed.</td>
</tr>
</tbody>
</table>

### Evidence of Student Learning:

- **Performance**  
- **Knowledge**  
- **Application**

- Student can throw and catch an object with a partner while both partners are moving at least 10-15 feet apart 7/10 times attempted demonstrating correct amount of force, speed adjustments and accuracy.  
- Student can identify to a partner 4 key cues for throwing and catching a ball while moving  
- Student can name 3 activities/games/sports that have the element of throwing and catching while moving with teammates.
**Closure/Review:**

Raise your hand if you were able to complete at least 7/10 throws/catches with a partner while both partners are moving at least 10-15 feet apart demonstrating correct amount of force, speed adjustments and accuracy.

With an elbow partner, list at least four key cues that you needed to do in order to throw and catch a ball while moving.

**3-5 Minute Think Drill:** The skills we have been working on today are throwing and catching while both players are moving. With a different elbow partner, see how many activities/games/sports that you can name that players have to throw and catch a ball while moving. *(This could be done inside classroom).*

**Independent Practice:**

Choose a friend at recess or afterschool to practice throwing various objects—like a softball, Frisbee, football, tennis ball. Which object was the hardest to throw, hardest to catch? Or practice throwing at a ball wall and moving/catching the ball as it rebounds.

**Notes:**