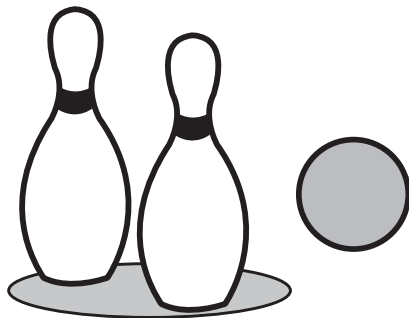


Bowling

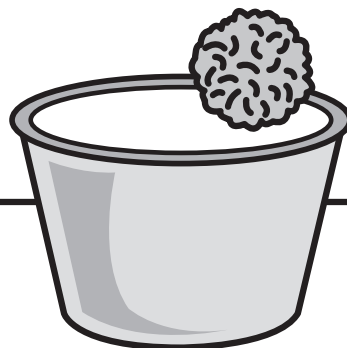
- ★ Knock down the pins by rolling the ball from the starting line. When you knock pins down, set them up for your next round.
- ★ How many can you score before the signal?



CATCHING AND THROWING

Basketball

- ★ Using an underhand toss, shoot yarnballs into the basket. When all have shot, retrieve your yarnballs and play again.
- ★ How many can you score before the signal?



CATCHING AND THROWING

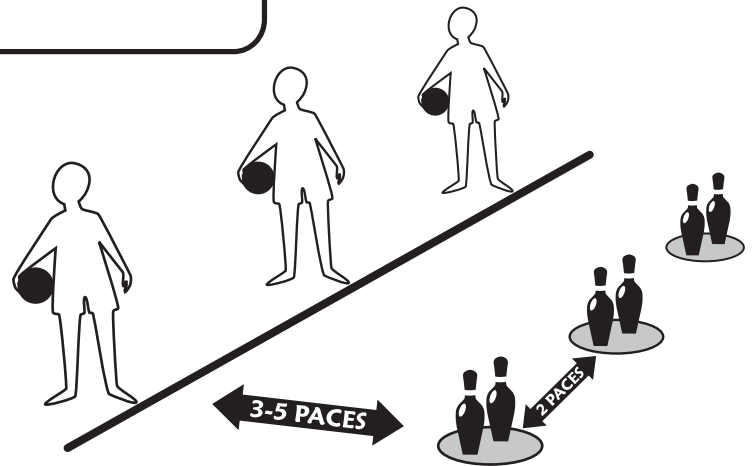
Bowling

Ready

- ★ 1 place-holder for pins (spot markers work well) per student at station
- ★ A starting line (spot marker, line on floor, etc.)
- ★ 1 small ball per student at station
- ★ 2 bowling pins (or cones, water bottles, etc.) per student at station

Set

- ★ Lay place-holders 3-5 paces from the starting line and 2 paces apart. Place 2 bowling pins on each.
- ★ Students stand at the starting line to bowl, each with a ball.



SPARK™
K-2

CATCHING AND THROWING

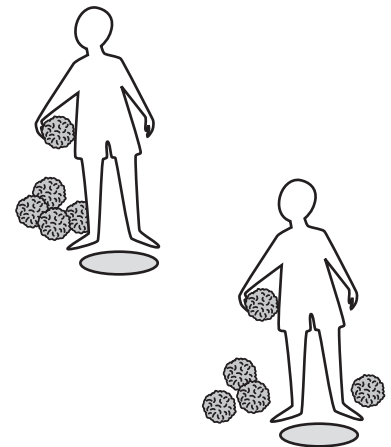
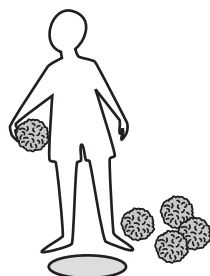
Basketball

Ready

- ★ 5 yarnballs per student at station (or balled-up paper, fluffballs, etc.)
- ★ 1 basket (or box, trashcan, etc.)
- ★ 1 spot marker per student at station

Set

- ★ Place target in center of station.
- ★ Place spot markers in a circle 5-7 paces from target. Distribute yarnballs to spot markers.
- ★ Students stand on spot markers and throw to target.

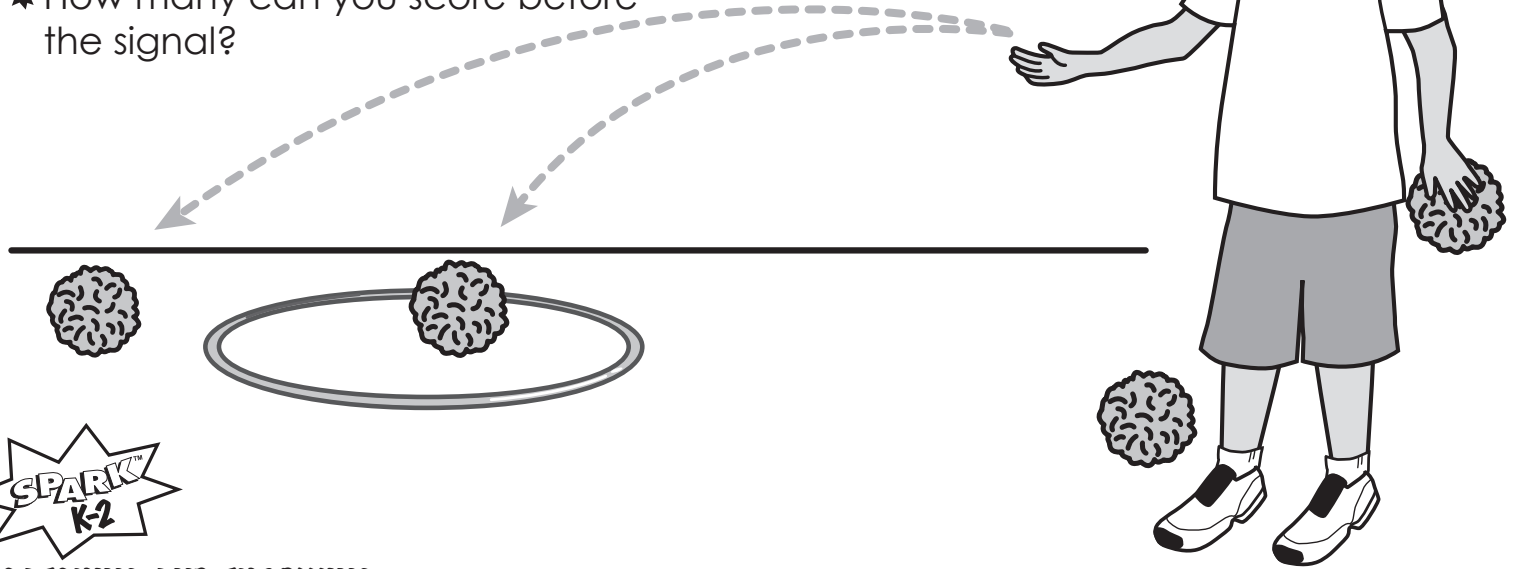


SPARK™
K-2

CATCHING AND THROWING

Target Tossing

- ★ Stand on a spot marker and aim at the hoop. Throw 1 ball **over** the target. Throw 1 ball **into** the target.
- ★ How many can you score before the signal?



CATCHING AND THROWING

Self-Toss and Catch

- ★ Toss the beanbag and catch it without leaving your spot.
- ★ Toss with 1 hand and catch with 2 hands. Now try to catch with 1 hand.
- ★ Can you alternate hands?



CATCHING AND THROWING

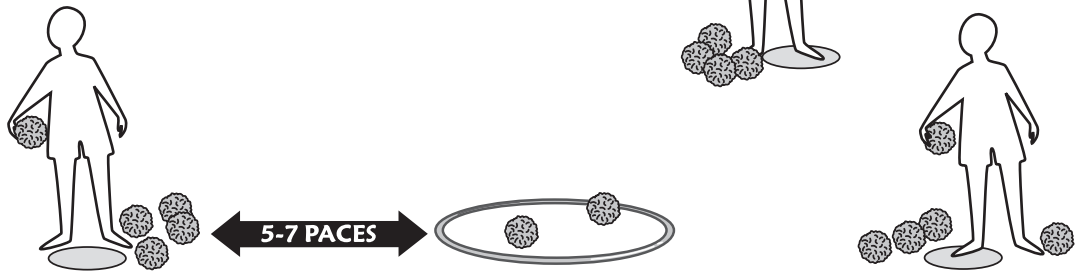
Target Tossing

Ready

- ★ 1 spot marker per student at station
- ★ 3-5 yarnballs (or beanbags) per student at station
- ★ 1 hoop

Set

- ★ Place target (hoop) in center of station.
- ★ Place spot markers in a circle 5-7 paces from target. Distribute yarnballs to spot markers.
- ★ Students stand on spot markers and throw to hoop.



CATCHING AND THROWING

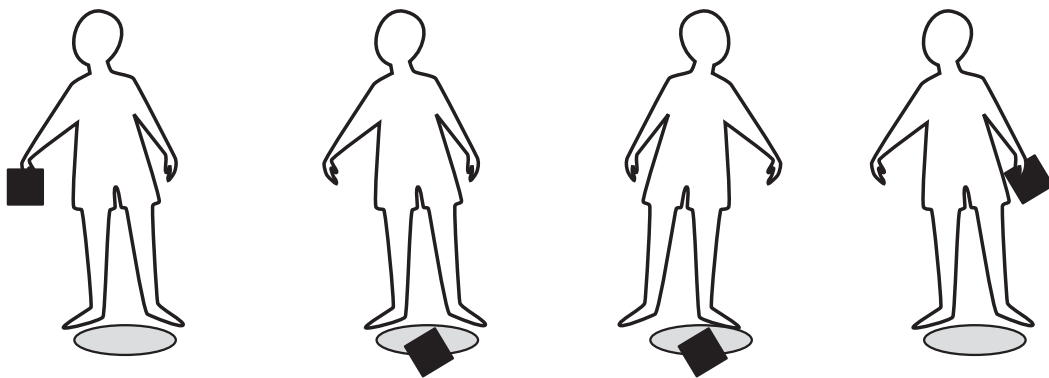
Self Toss and Catch

Ready

- ★ 1 beanbag per student at station
- ★ 1 spot marker per student at station

Set

- ★ Place spot markers in station area, each with a beanbag on it.
- ★ One student per spot.

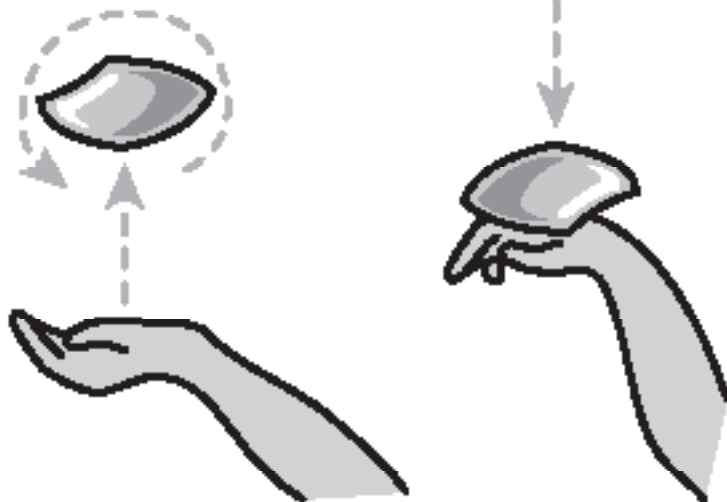


CATCHING AND THROWING

Pancake Flip

★ Put the beanbag on the palm of your hand. Flip it like a pancake and catch it.

★ Now try to catch it on the back of your hand.



CATCHING AND THROWING

Toss, Clap and Catch

★ Toss beanbag and clap your hands before you catch it.

★ How many times can you clap before catching the beanbag?

★ Try to stay on your spot.



CATCHING AND THROWING

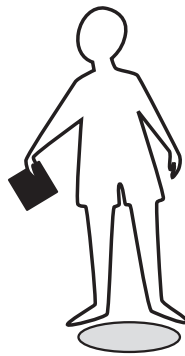
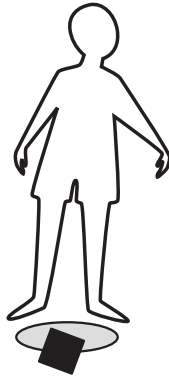
Pancake Flip

Ready

- ★ 1 beanbag per student at station
- ★ 1 spot marker per student at station

Set

- ★ Place spot markers in station area, each with a beanbag on it.
- ★ One student per spot.



CATCHING AND THROWING

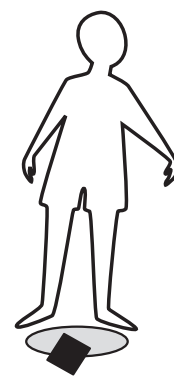
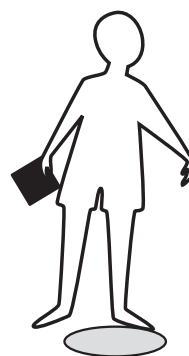
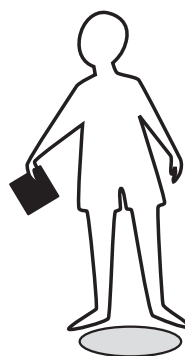
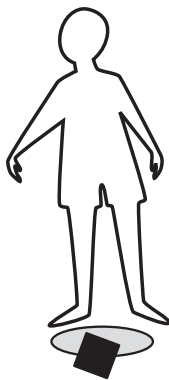
Toss, Clap and Catch

Ready

- ★ 1 beanbag per student at station
- ★ 1 spot marker per student at station

Set

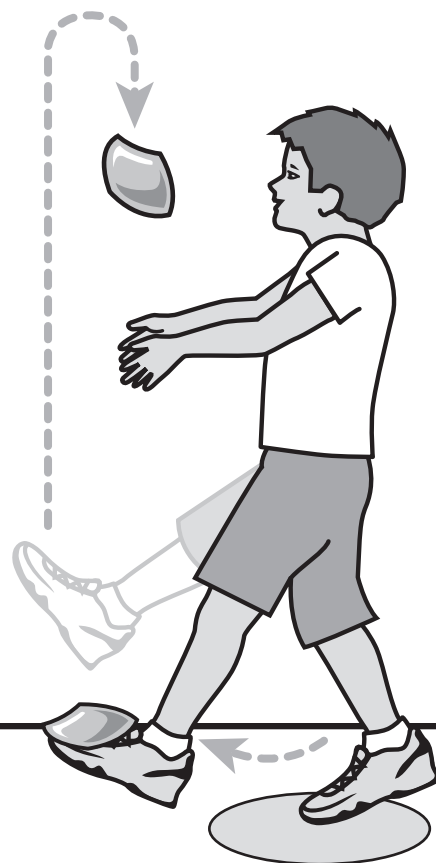
- ★ Place spot markers in station area, each with a beanbag on it.
- ★ One student per spot.



CATCHING AND THROWING

Foot Tossing

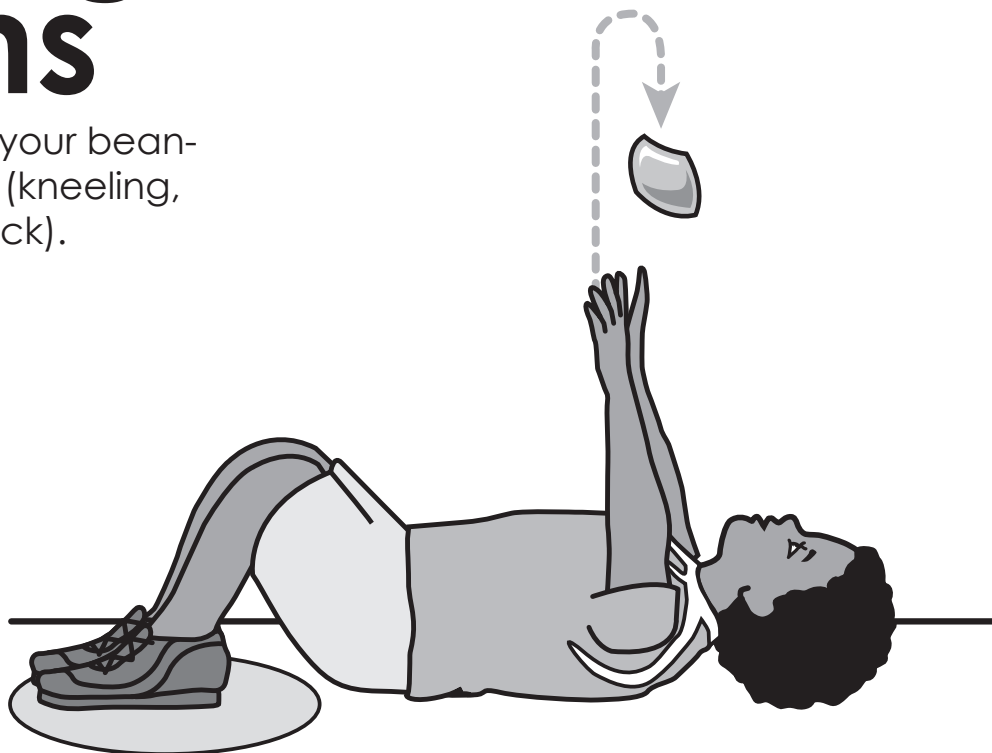
- ★ Place beanbag on your foot, swing your foot up to toss the beanbag, then catch it with your hands.
- ★ Try it with each foot.



CATCHING AND THROWING

Catching in Different Positions

- ★ Try tossing and catching your beanbag in different positions (kneeling, sitting or lying on your back).



CATCHING AND THROWING

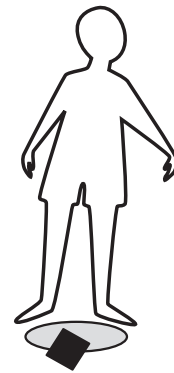
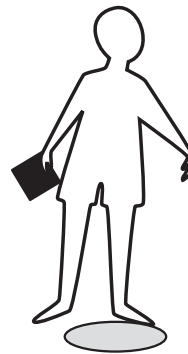
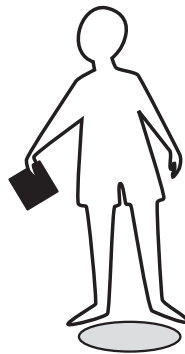
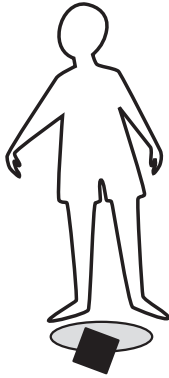
Foot Tossing

Ready

- ★ 1 beanbag per student at station
- ★ 1 spot marker per student at station

Set

- ★ Place spot markers in station area, each with a beanbag on it.
- ★ One student per spot.



CATCHING AND THROWING

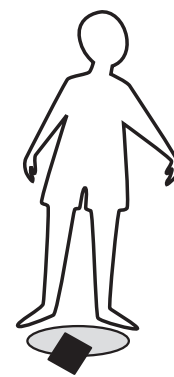
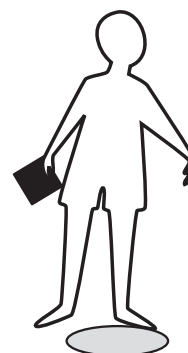
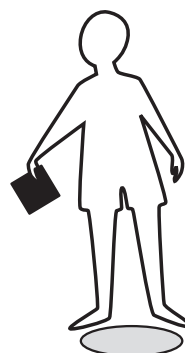
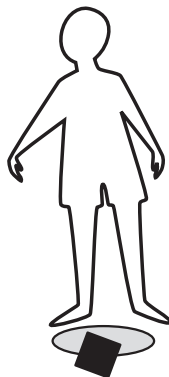
Catching in Different Positions

Ready

- ★ 1 beanbag per student at station
- ★ 1 spot marker per student at station

Set

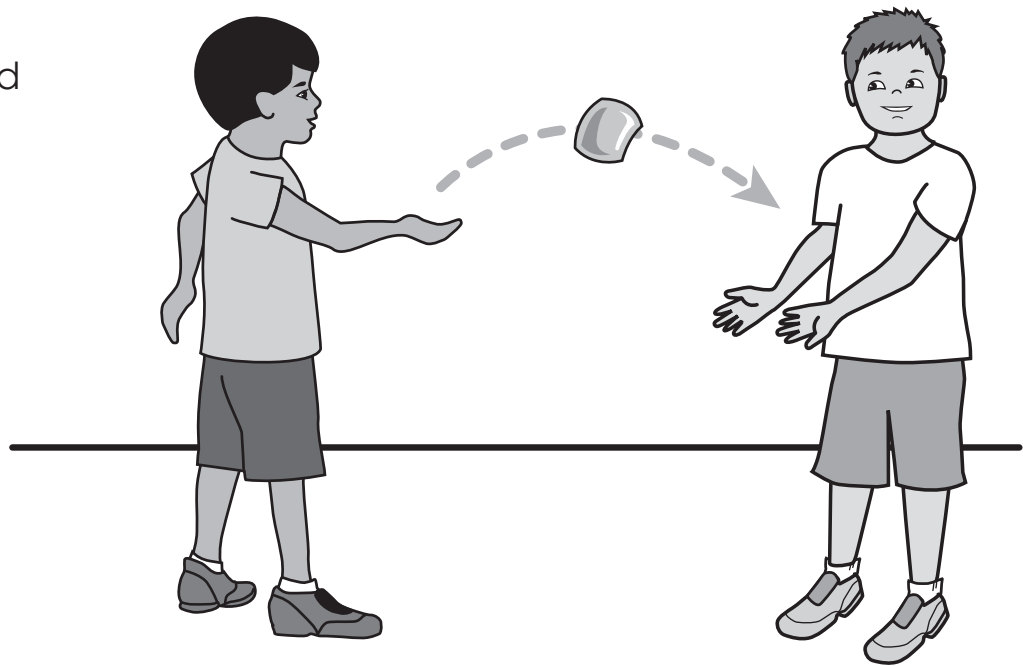
- ★ Place spot markers in station area, each with a beanbag on it.
- ★ One student per spot.



CATCHING AND THROWING

Throw and Catch With a Partner

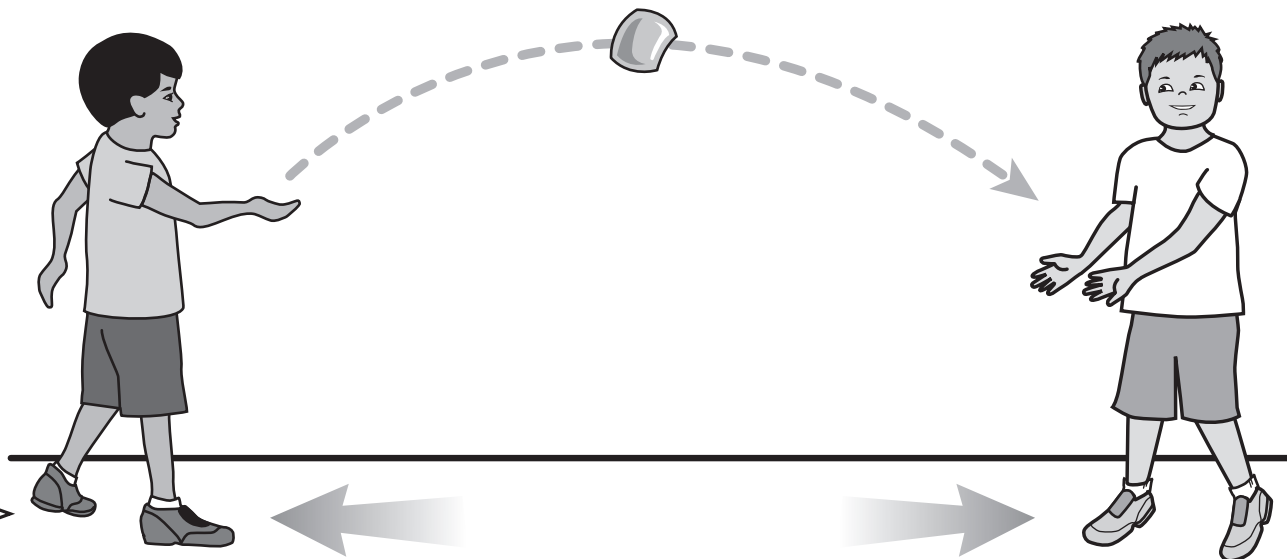
- ★ Throw and catch with a partner using underhand throws.



CATCHING AND THROWING

Partner Step Back

- ★ Play catch with your partner and take 1 step back after each catch.
- ★ How far apart can you get?



CATCHING AND THROWING

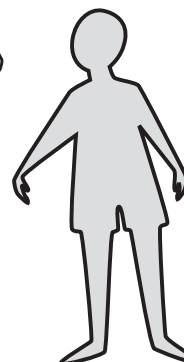
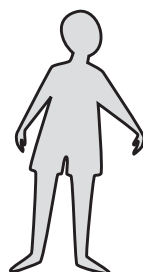
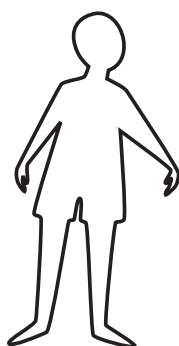
Throw and Catch With a Partner

Ready

- ★ 1 soft catchable (Koosh ball, Successball, beanbag, or yarnball) per pair at station

Set

- ★ Students in pairs (or 3s with odd numbers) 1 catchable per pair.



CATCHING AND THROWING

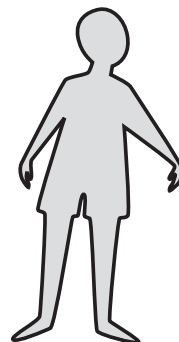
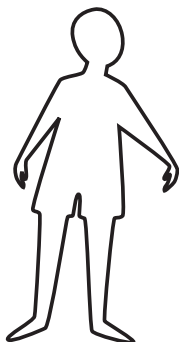
Partner Step Back

Ready

- ★ 1 soft catchable per pair at station

Set

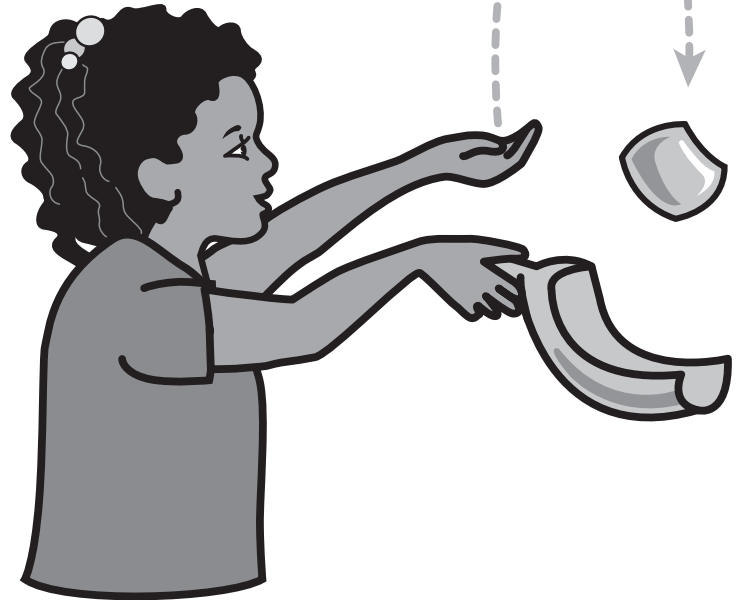
- ★ Students in partner face-off.
- ★ Each pair with a catchable.



CATCHING AND THROWING

Individual Challenges With Scoops and Beanbags

- ★ Throw the beanbag up with your hand and catch it with the scoop.
- ★ Now toss and catch your beanbag using your scoop.
- ★ Can you catch it high? Low?
- ★ Can you catch it under your leg?



CATCHING AND THROWING

Individual Challenges With Scoops and Balls

- ★ Can you toss a ball with your hand, let it bounce and catch it in your scoop?
- ★ Now toss the ball with your scoop, let it bounce, and catch it with your scoop.
- ★ Can you catch it high? Low? Under your leg?



CATCHING AND THROWING

Individual Challenges with Scoops and Beanbags

Ready

- ★ 1 beanbag per student at station
- ★ 1 scoop per student at station

Set

- ★ Students scattered at station; each with 1 beanbag and 1 scoop.



CATCHING AND THROWING

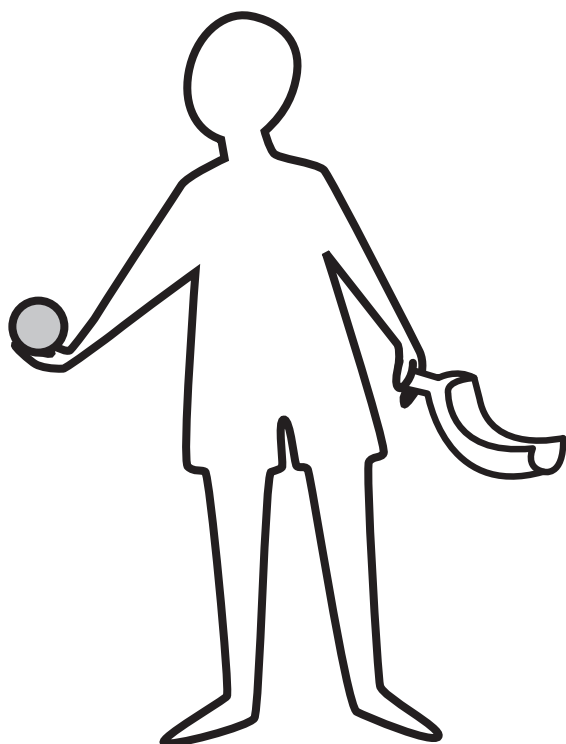
Individual Challenges with Scoops and Balls

Ready

- ★ 1 wiffleball (or tennis ball) per student at station
- ★ 1 scoop per student at station

Set

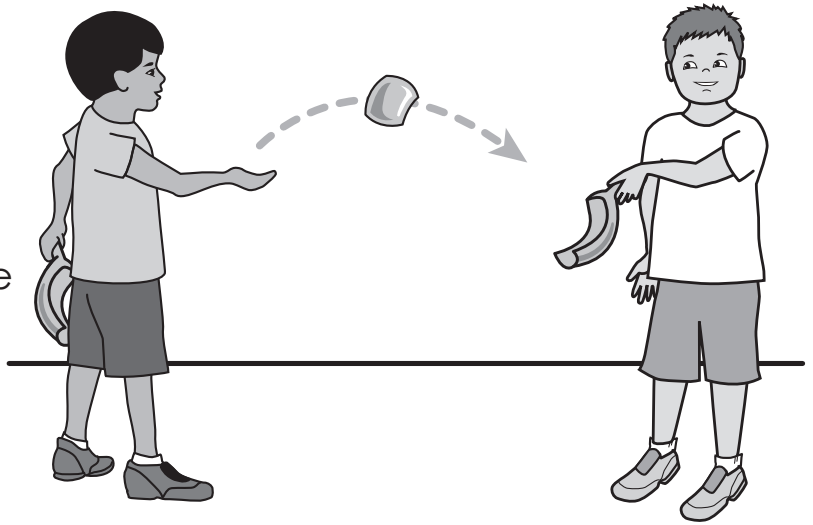
- ★ Students scattered at station; each with 1 ball and 1 scoop.



CATCHING AND THROWING

Partner Challenges With Scoops and Beanbags

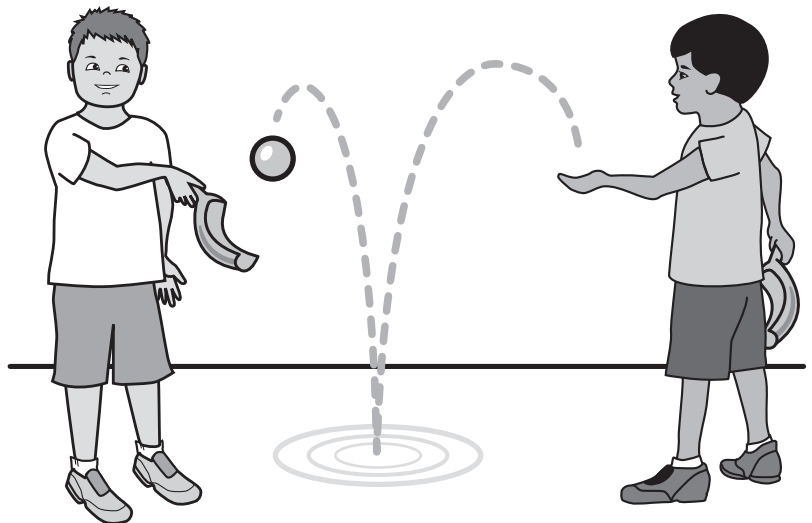
- ★ Toss the beanbag to your partner with your hand. Partner catches it with their scoop. Switch roles.
- ★ Now use your scoops to toss and catch.
- ★ Can you catch it to the right? To the left? High? Low? Under your leg?



CATCHING AND THROWING

Partner Challenges With Scoops and Balls

- ★ Bounce the ball to your partner using your hands. Partner catches it with their scoop. Switch roles.
- ★ Now use your scoop to toss and catch with your partner, letting the ball bounce before each catch.
- ★ Can you catch it to the right? To the left? From a high bounce? From a low bounce?



CATCHING AND THROWING

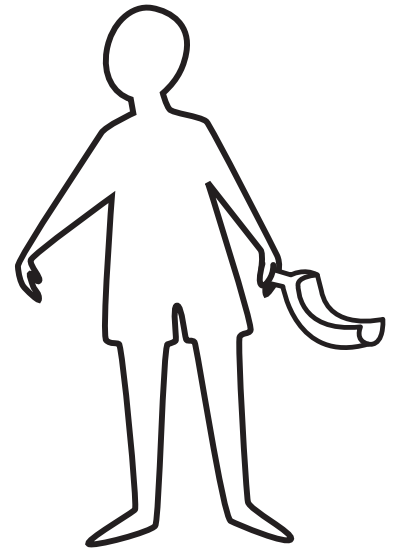
Partner Challenges with Scoops and Beanbags

Ready

- ★ 1 beanbag per pair at station
- ★ 1 scoop per student at station

Set

- ★ Pairs scattered at station; each pair with 1 beanbag and 2 scoops.



CATCHING AND THROWING

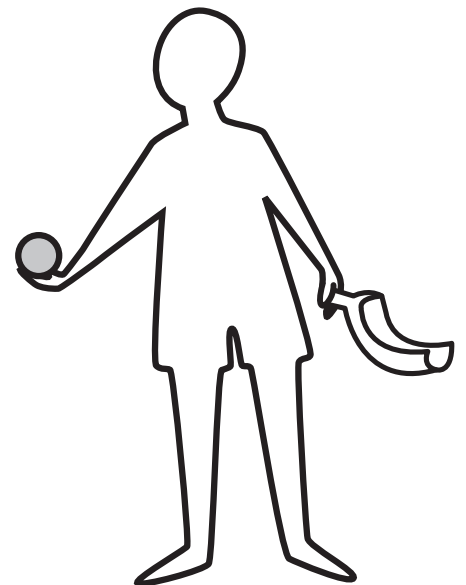
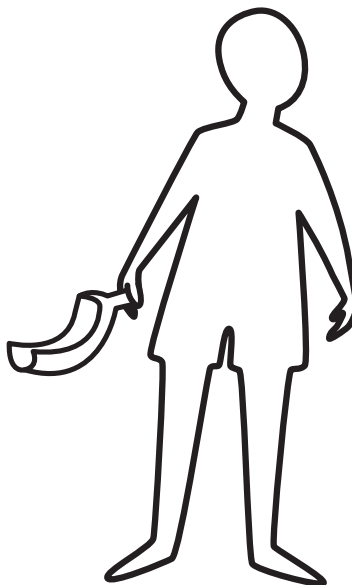
Partner Challenges with Scoops and Balls

Ready

- ★ 1 wiffleball (or tennis ball) per pair at station
- ★ 1 scoop per student at station

Set

- ★ Pairs scattered at station; each pair with 1 ball and 2 scoops.



CATCHING AND THROWING