

JUMPING, HOPPING, UNDERHAND THROWING and BALL ROLLING STATIONS

Grades: K-1

State Standards: 19A, 19B, 19C, 20Ab

Purpose: To demonstrate underhand throwing
To demonstrate rolling a ball with an underhand throw
To demonstrate jumping, hopping and leaping

Equipment: poly spots, 6 stepping stones, 24 cups stacks, 12 balls, 6 Large hula hoops, 6 deck rings, 6 mini flat hoops, 6 bowling pins, 6 bean bags, 6 pumpkins, cones for division

Description:

Place cones down the middle of the gym and divide the gym into four sections.

An underhand throwing teaching cues, STEP- POINT- TICK- TOCK

A rolling ball should be throwing underhand and ball is in contact with the floor.

A jump is take off with two feet and land on two feet.

A hop is take off with one foot and land on one foot.

Station 1: KNOCK THE PUMPKIN OFF THE FENCE

Each student gets a hula hoop and a ball. With an underhand throw they toss the ball and try to knock the pumpkin off the cup stacks. If pumpkin is knocked off, the student gets put it back on. If the student misses, retrieve the ball and try again.



Station 2: FLIP THE HOOP

Each student gets a hula hoop and a bean bag. Students stand behind the black line. With an underhand throw they toss the bean bag into the hula hoop. If made in the hoop, the student gets the flip the hoop. If the student misses, retrieve the bean bag and try again. When done correctly the hoop “moves” across the floor.



Station 3: BOWLING

Place bowling pins on a poly spot. Across set up a deck ring with matching ball.

Students will stand by deck ring and with an underhand throw, roll ball to attempt to knock over the bowling pin. When the pin is knocked over the student may stand up the pin again. Repeat.



Station 4: "FLOOR IS LAVA!"

Poly spots and stepping are scattered in the area, hopping and jumping on them.

Rotate stations every 2-5 minutes depending on time available.

When rotating, have students to line up

