

## 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 step and throw with opposite arm

**Equipment:** 72 cups stacks, 6 poly spots, 18 balls, 6 Large hula hoops, 6 deck rings, 6 mini flat hoops, 6 bowling pins, 6 bean bags, 6 pumpkins, 48 throwing items, 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.

### **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.



**VARIATION:** Make “levels” an easy, medium and a hard line. Add different size balls.



### **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.



**VARIATION:** Make “levels” an easy, medium and a hard line.



#### **Station 4: "Bozo Buckets"**

Set up 6-8 large stacking cups upside down. I had one cup in each floor tile for spacing.

Each color had a basket of 8 items to toss into the cups.

Students stand behind the line and with an underhand throw, attempt to get one item into each cup.



Here is an example of items that are in the basket for students to throw. Different sizes, weight, textures, and shapes.



Rotate stations every 2-5 minutes depending on time available. Each stations should be RESET up before having students move to the next station.

When rotating, have students to line up behind a cone with the station number.