**Joe McCarthy**

**jmccarthy@farmington.k12.mn.us**

**Twitter @JoeMcCarthy09**

PE Website - http://meadowviewelementarype.weebly.com/

**Session Title: Overhand Throwing Activities**

In this session you will learn from National speaker Joe McCarthy from Farmington MN on how to incorporate fun & engaging innovative games that involve the overhand throw. Your students will LOVE these new games in PE class!

1. **Battle Ground Medic**

Objective – Develop skills of throwing, catching, strategy and agility

Developing SHAPE Standards (1, 2, & 5)

Appropriate for grades 2-5

This is safe and strategic throwing type game with controlled overhand and underhand throwing. The objective is to knock down the opponents’ Pins. A team protects their pins by getting opponents "out" and using their hands to knock balls away. Each team has three medics that save players that are "out" so they can get back into the game. Adding objects for “cover” adds strategy and excitement. In a full size gym this can accommodate up to 50 students. Goal is to use the overhand throw to knock down the opposing teams bowling pins. Students may use the underthrow at another student. Student must sit and wait for medic to transfer them back to start on the scooter.

1. Equipment needed – 30 Gopher Balls, 6 scooters, 6 jerseys, 6 bowling pins
* People can catch the ball and deflect
* Can catch, no more deflection
* No catch or deflection
* Add more/take away medics
* Move mats in battlefield
1. **NFL Quarterback Challenge**

Objective – Develop skills of hiking, throwing, catching and agility

Developing SHAPE Standards (1, 2, & 5)

Appropriate for grades 2-5

 Your team will take turns attempting to knock down bowling pins or threw a hula hoop. Goal is to knock down a specific number of points in a determined amount of time.

1. Equipment needed – 30 footballs, 10 bowling pins, 10 hula hoops
* Groups of 2
* Change distance
* Change equipment
* Change hands
* Add defenders with noodles, chasing running quarterback

\*Challenge 1 – throw and knock down the bowling pin 10 feet away

\*Challenge 2 – throw and knock down the ball on top of a cone 20 feet away

\*Challenge 3 – throw and knock down the Frisbee inside the hula hoop 30 feet away

1. **Catch 3**

Objective – Develop skills of throwing, catching, strategy and agility

Developing SHAPE Standards (1, 2, & 5)

Appropriate for grades 2-5

This activity is a catching and throwing game. Divide the class into teams of 4 or 6. One team will throw a ball to their team mates. If a ball is intercepted or dropped on the ground, the ball goes to the opposing team. The object of the game is to pass the ball to your teammates 5 times. After 5 completed passes, the team scores a point and the ball goes to the opposing team. First team to 5 points are the expert team.

* 1. Equipment needed - 30 Gopher Balls, 10 noodles
* Change equipment
* Change hands
* Add defenders with noodles
* Can only take 3 steps and hold for 3 seconds
* Play from one area to the other area (end zone)
* If the ball drops, ball goes to other team
* Knock down opposing pin with throw
1. **Tremendous 2 - Teams of 2**

Objective – Develop skills of hiking, throwing, catching and agility

Developing SHAPE Standards (1, 2, & 5)

Appropriate for grades 2-5

Phase 1- Hike / catch pass on mat / run / scarf / return – need 5 catches in 2 minutes to be experts

Phase 2 – Experts catch pass in Area B / non experts in Area A – need 5 catches in 2 minutes to be experts

Phase 3 – Pass to mat or Area A (defenders may swat or tag with ball) /

 Run thru Area B / No FB thru B with flag (lose scarf) / FB thru Area A – need 5 catches in 2 minutes to be experts

1. Equipment needed - 30 footballs, 50 scarves, 10 noodles