Skill Theme: Throwing Grade Band: 3-5 -to high school level Assessment: Teacher Assessment Standards Assessed: Standard 1 Skill Assessed: Throwing at stationary targets

Setting: Students will practice throwing at various targets throughout the gym. Targets can vary from large mats, objects on cones, smaller targets on walls or mats, small or large hula hoops. **Equipment**: throwing manipulatives (gatorskin ball, football, tennis ball), mats, cones, small targets

Directions: Write student's name in first column, then put a check mark in column of corresponding level using the cues for throwing. If students have mastered throwing at a stationary target, move on to moving targets, followed by people catching the manipulative and guarded people.

LEVELS

- **1** = Does not participate
- 2 = Student shows beginning stages of skill with little or no cues performed correctly
- **3** = Student performs skill using some of the cues taught with several reminders
- 4 = Student performs skill using most cues taught with occasional reminders
- **5** = Student performs skill successfully while using all cues correctly without reminders



Student Name	1	2	3	4	5	
					_	
	_					
	_					
						Cues
						• 5
						у
	_					• \$
						У
						t
						• E
						t
						• F
						f
						Created

- Side facing target the side opposite your throwing hand is facing the target
- Step with opposite foot Step towards your target with your foot opposite your throwing hand
- Eyes on the target keep your eyes on the target at all times
- Follow through throwing arm should follow the ball, ending up by your knee

Created by Mark Krommenacker