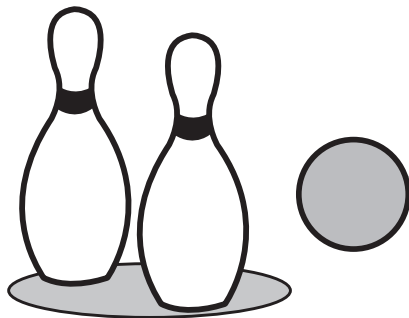


Bowling

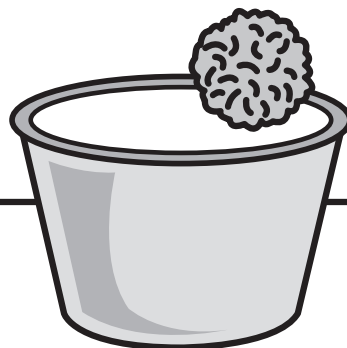
- ★ Knock down the pins by rolling the ball from the starting line. When you knock pins down, set them up for your next round.
- ★ How many can you score before the signal?



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

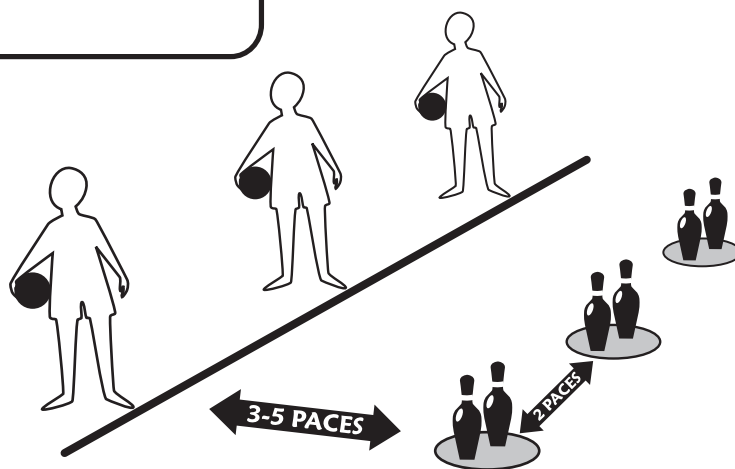
Bowling

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

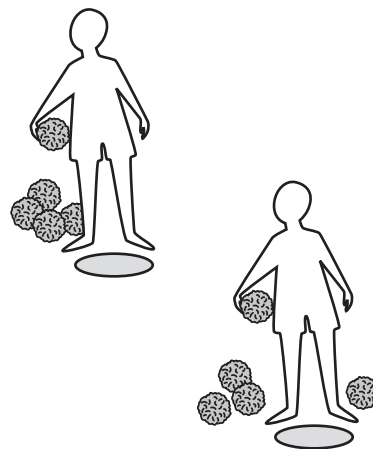
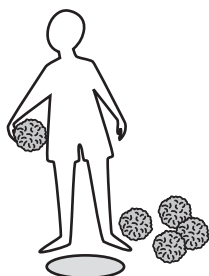
Basketball

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.

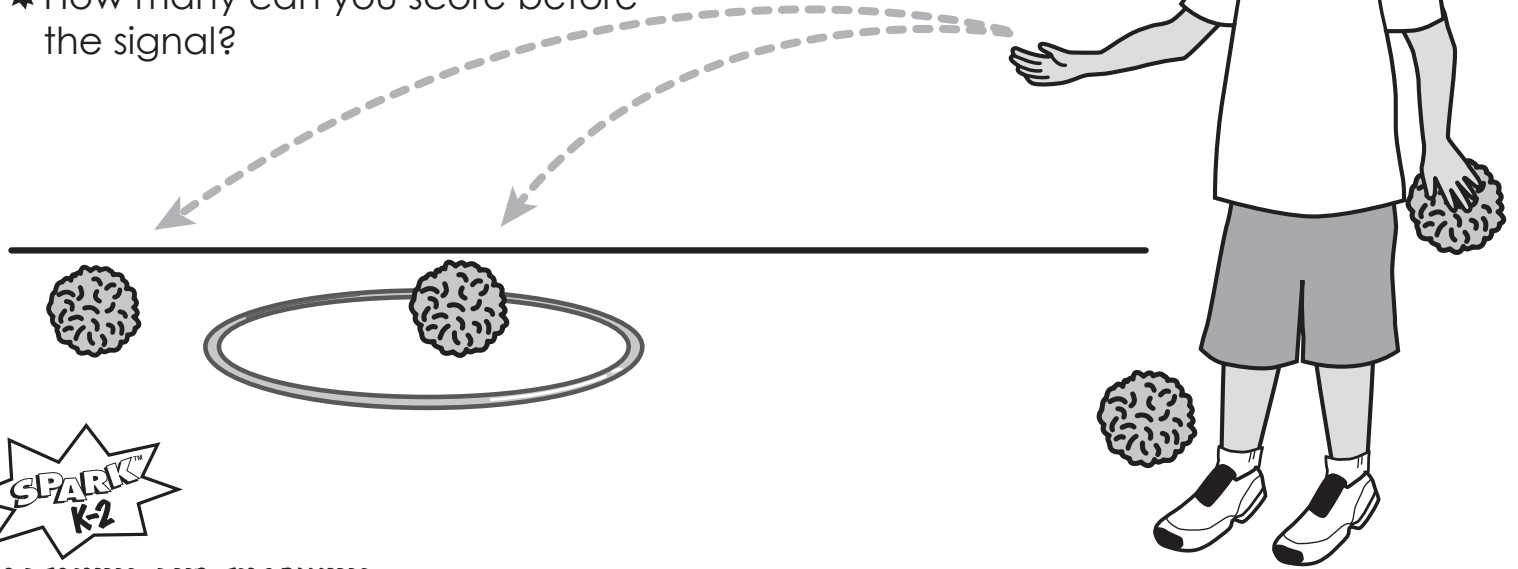


SPARK™
K-2

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

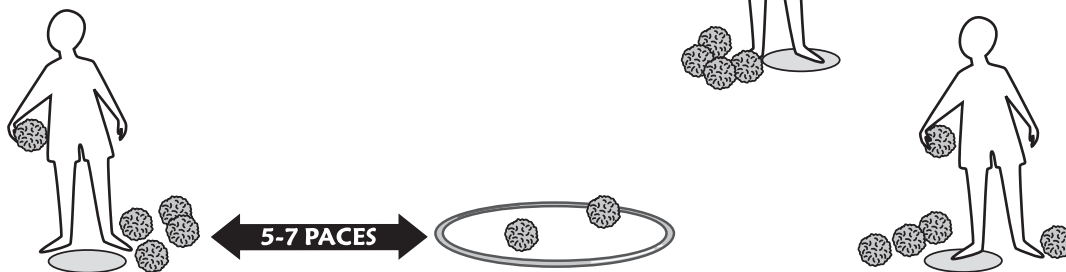
Target Tossing

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

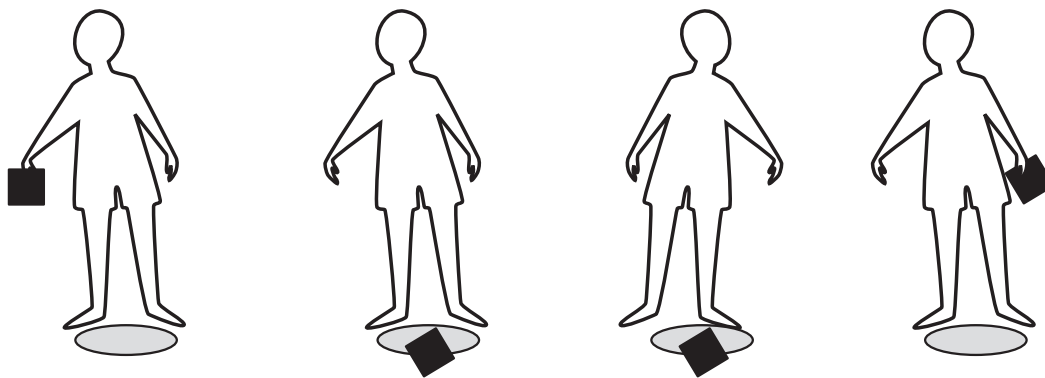
Self Toss and Catch

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.

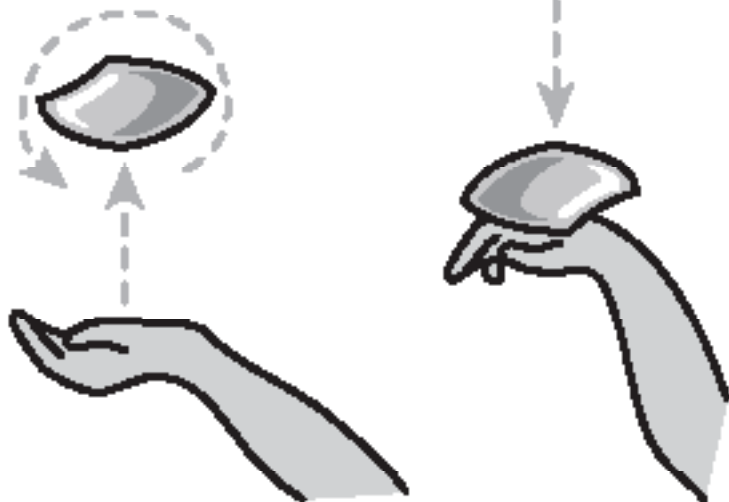


CATCHING AND THROWING

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

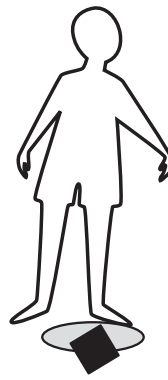
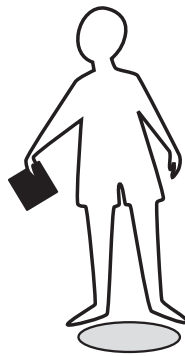
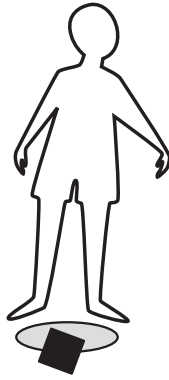
Pancake Flip

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

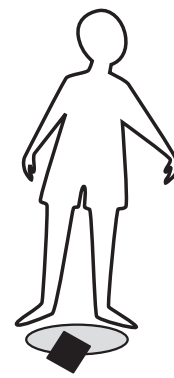
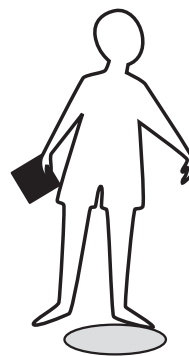
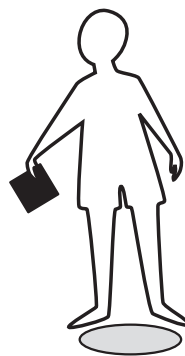
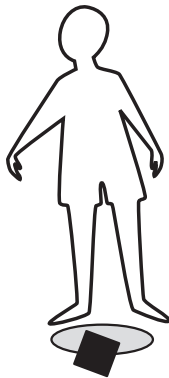
Toss, Clap and Catch

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