

Week of May 4th – 8th – “Tossing & Throwing”

This week theme is "Tossing/Throwing at Targets" - for 20-30 minutes each day find an object(s) and throw or toss object and try to hit, knock down or get it in. This could be anything. The possibilities are endless!!

- Toss a beanbag into bucket
- Throw a ball through a hula hoop
- Throw acorns at a tree
- Play baseball pitcher & catcher
- Underhand toss water balloons into a target
- Toss ping pong ball into target.
- Play with a parent or sibling or yourself. See who can score the most points or reach a point total first.



Really focus on: **Underhand toss** - step the foot opposite your throwing hand forward. Then swing your throwing hand down and back. Then swing the throwing hand forward and upward as you step forward onto your front foot toward the target. When you let your object go, your hand follows through to the target. **Overhand throw** - Make a T with your arms and body. Point & look towards target. Then bring object to your ear (like making a phone call), lean back, step with the opposite foot and throw.