

Catch It, Keep It

A partner activity designed to practice throwing and catching from a variety of different distances.



Standard Aligned:

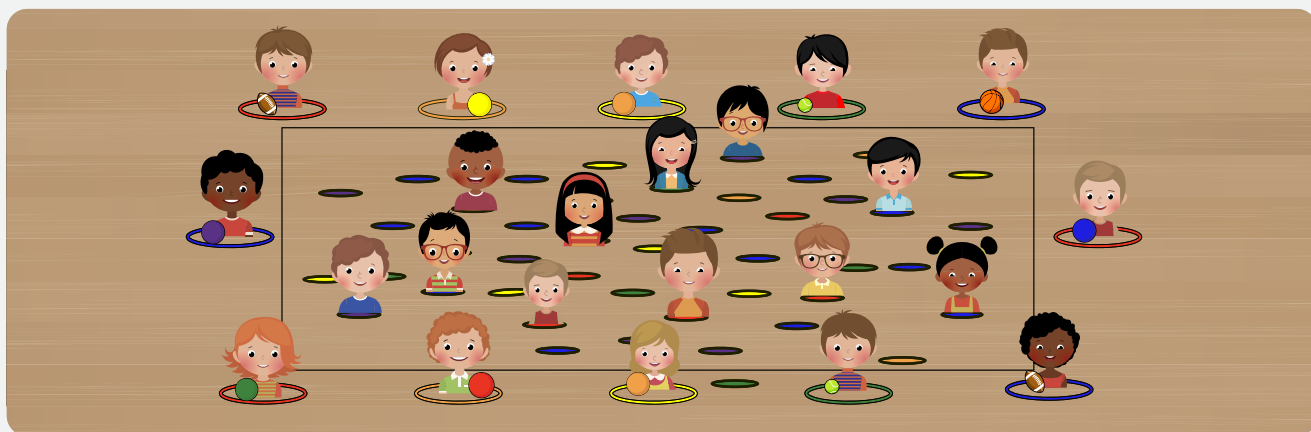
- **PreK-2:** 1.2.8 Demonstrates catching in a variety of non-dynamic practice tasks.
- **PreK-2:** 1.2.9 Demonstrates throwing in a variety of non-dynamic practice tasks.
- **Grade 3-5:** 1.5.10 Demonstrates throwing in a variety of practice tasks.
- **Grades 3-5:** 1.5.12 Demonstrates catching in a variety of practice tasks.

Equipment:

- All the poly spots you have
- 1 ball (any type) per 2 students
- 1 hula hoop per 2 students

Game Set Up:

Scatter all the poly spots you have around the inside of the playing area. Spread out all the hoops around the playing area. Place 1 ball in each hoop or let students choose the ball they want to use. Students get a partner and go to hoop for directions.



Directions:

1. Students will take turns being the thrower and catcher. On the signal, the catcher will run out to any spot and stand on it. The thrower must throw the ball from their hula hoop (home base) to the catcher.
2. If the catcher catches the ball, they pick up the poly spot, bring it back and add it to their hoop, and become the thrower.
3. If the catcher misses the throw, they pick up the ball, return to their hoop (home base) and become the thrower.
4. Rotate throwing and catching positions until all poly spots are gone or the time is up.
5. The thrower should always keep a foot in the hoop. Catcher must keep a foot on a poly spot.
6. Round 1: Record Setting Round• After time is up or all spots are gone, partners count all the spots they collected.
Round 2: Record Breaking Round- Try to collect more spots as a team than you did in round 1.

Best Practices:

- Get warmed up by starting the lesson with students practicing throwing and catching before going into the full game play.
- Give students options with the type of ball they can throw or play the game with a specific type of ball by round.
- Play multiple rounds and encourage students to find different partners for each round.
- Play different variations of the game with students. For example, “color scoring” is a fun alternative. When a round is complete, call out the different colors to see which group has the most of that color, allowing multiple students/groups to win.