

Hula Hoop Target Throwing

by

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Grade Level: K-2nd Grade

National Standards:

#1

Learning Objectives:

- The student will practice proper overhand throwing technique.
- The student will practice proper catching technique.

Space Needed:

- Large grassy area, gym, cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One cone per student.
- One hula hoop, carpet square, or poly spot per student.
- Various types of balls, i.e. yarn balls, soft foam balls, whiffle balls, etc.-one for each student.
- Music of your choice.
- Music player.

Set-Up:

- Place the cone opposite the hula hoop approximately 8-10 feet apart.

Description of Learning Activities:

*Use the music as a cue for starting and stopping.

- Students stand behind their cone.
- Students practice throwing the ball, using proper technique, through the hula hoop.
- If the student throws the ball through the hula hoop 3 times, they may take a step back.
- If the student is successful again, they may move their cone to the new spot.
- Repeat the process.

Authentic Assessment:

- Use an assessment check-off sheet indicating what the student's skill level is, i.e. Mastery, Proficient, Basic, Below Basic.