

Cone Throwing

by
Kelly E. Duell, M.A., NBCT

Grade Level: K-5th Grade

National Standards:

Standard 1: The student will be competent in many movement activities.

Standard 2: Understand movement concepts, principles, and tactics as they apply to the learning and performances of physical activities.

Standard 5: The student will demonstrate responsible personal behavior while participating in movement activities.

Learning Objectives:

- The student will practice underhand throwing with proper technique.
- The student will practice aim with accuracy.

Space Needed:

- Any large area, preferably grassy, but blacktop, multi-purpose, or gym flooring is fine.

Equipment & Materials Needed:

- One cone per student or one cone per every two students.
- Supply of throwing apparatus per student or every two students.
- One hula hoop per student.

Alternative Equipment:

- Whiffle balls.
- Plastic balls, softball size.
- Nerf balls.
- Rubber balls.

Set-Up:

- Make a line with cones, spaced several feet apart.
- Pace off an appropriate distance for the skill level of throwing, approximately 5-10 feet.
- Place a hula hoop across from each cone.

Description of Learning Activities:

- Each student stands inside their own hula hoop.
- The student will use proper underhand throwing technique to knock the cone over.

Authentic Assessment:

- Teacher observation of correct form for underhand throwing.
- Assessment sheet, marking each throw made, and how many throws to knock the cone over.

Debriefing & Reflection:

- Did your foot placement make a difference in where the apparatus landed?
- Does proper throwing technique make a difference in your success?
- How many throws did it take to knock the cone over?
- What was the least amount of throws, to knock over the cone?