

## **Grocery Bag Catching**

by

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**Grade Level:** K-12

**National Standards:**

#1: #2: #3: #4: #5: #6:

**Learning Objectives:**

- The student will practice the proper catching technique.
- The student will follow all rules, guidelines, and directions while participating in this activity.
- The student will work cooperatively with a partner and maintain proper personal responsibility.
- The student will use proper social support.

**Space Needed:**

- A large, flat surface is best; such as a basketball court, cafeteria, blacktop, or grassy field.

**Equipment & Materials Needed:**

- One (1) grocery store, plastic bag per pair of students.
- Two (2) hand-sized balls or beanbags per pair of students.
- Chalk or paint (for lines).

**Set-Up:**

- Place two lines on the ground approximately 10 feet apart.
- Place the two (2) beanbags on one line, spaced evenly apart.
- Pass out one (1) grocery bag to one of the students in the pair.

**Description of Learning Activities:**

- One student stands on one line and their partner stands on the opposite line, directly across from their partner.
- The students should practice proper underhand throwing pattern prior to participating in this activity.
- Teacher verbally cues the students to throw the beanbag to their partner.
- The throwers should practice not stepping on or over the line while throwing.
- The student with the grocery bag holds it by the handles, and attempts to catch the beanbag inside. They may move in any direction to catch.
- Remind students to watch the beanbag all the way into the grocery bag.

- Allow each student to throw two (2) beanbags, and then have them switch equipment with their partner.
- Count how many times the students can throw and catch the beanbag in a row, as a pair.

**Authentic Assessment:**

- Teacher observation of students using the proper underhand throwing pattern.
- Teacher observation of students' social support and cooperation with a partner.
- Teacher may design and utilize a skills check-list while students are participating in the activity.