

## **Tennis Can Catching**

by

*Kelly E. Duell, M.A.*

**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) plastic tennis can per student.
- One (1) foot bag per student.
- Chalk or paint (for lines).

**Set-Up:**

- Place two lines on the ground approximately 10 feet apart.
- Place put one (1) foot bag into each tennis can.

**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 foot bag to their partner.
- The throwers should practice not stepping on or over the line while throwing.
- The student with the tennis can holds it in their right hand, and attempts to catch the foot bag with the tennis can. They may move in any direction to catch.
- Remind students to watch the foot bag all the way into the tennis.
- Allow each student to catch five (5) foot bags, and then have them switch with their partner.

- Repeat with students holding the tennis can with their left hand.
- Students hold their foot bag in their right hand, tosses it to themselves, and catches it their tennis can, which is held in their left hand. Try to do 5x in a row.
- Repeat with the foot bag in the left hand and the tennis can in their right hand. Try to do 5x in a row.
- Students leave the foot bag in their tennis can, toss it out of the tennis can, at least head height, and catch it in the tennis can. Try to do 5x in a row.
- Repeat with the tennis can in the left hand. Try to do 5x in a row.
- Count how many times the students can throw and catch the foot bag in a row, as a pair.

**Authentic Assessment:**

- Teacher observation of students using the proper underhand throwing pattern.
- Teacher observation of students using the proper catching technique.
- 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.