

Time	Lead Teacher	References & Cues	Assistant Teacher	Equipment Needed/ Set up
0-1 Min	<p>Entry to polyspot circle.</p> <p>Children each sit on a polyspot.</p>	<p>Polyspot picture card</p> <p>Throw task card</p> <p>Catch task card</p>	Set up throwing and catching stations	<p>1 basket with 1 beanbag for each station</p> <p>“an” throwing target “c”, “b”, “r”, “Th” “m” “F” “p” “t” “v” throwing targets surrounding “an” in a circle</p> <p>1 green sticker for each child</p> <p>CD player</p> <p>1 roll of floor tape -8 polyspots (2 blue, 2 red, 2 green, 2 orange) for every two children</p> <p>1 6 inch ball for each child</p> <p>1 orange polyspot for each child</p>
1-3 mins	<p>Warm up: Warm up 2</p> <p>The music will play children should follow along with the cues and perform each motor skill for the duration.</p>	<p>Warm up CD track number 13</p> <p>Throw Task Card-2</p>	Continue set up of stations	<p>Throwing Stations:</p> <p>Place 2 orange polyspots and 1 green polyspot in a line towards a target taped at the child’s chest height on a wall approximately 3 ft away.</p> <p>The target has the “an” in the</p>

			<p>middle at chest height with each of the letters placed in a circle around “an”</p> <p>Please refer to the throw task card for a picture of the set up.</p> <p>Place a basket directly behind the orange polyspot filled with 5 beanbags for each child.</p> <p>Catch stations:</p> <p>Set up 1 orange polyspot across from another orange polyspot so that children to toss and catch to each other. Spots are 3ft apart.</p> <p>Also set up 4 multi-spot stations. Take the floor tape and make a diagonal line approximately 6 ft long. Place another 6ft line with the narrow point at the top and angling outwards to make a triangle. Place 2 sets of 3-4 polyspot opposite each other on the lines. Keep the same colors across from each other. Refer to catch card -2 for this setup.</p>
Transition	Children sit in polyspot circle for Catch review.		

3:30-5:30 mins	<p>Review the catch:</p> <p><i>“Does everyone remember when we worked on our catching? Yeah? Can you all show me your hands like we are ready to catch? That’s great, you are all ready to catch the ball.</i></p> <p><i>Today we are going to continue to work on our catching but we are going to work on catching as a team.</i></p> <p><i>Can we catch something unless someone gently tosses it to us? No. Sports teams cannot play unless they play together right? Not only are we going to work on our catching but we are going to learn how to catch together.</i></p> <p><i>Now I want you to stand on your orange spot and wait for me to show you what to do.”</i></p>	<p>Catch Skill Card-2</p> <p>Throw skill card-2</p>		
6-16 mins	<p>Progression 1:</p> <ul style="list-style-type: none"> • Standing on their orange spots, children will self toss a 6 inch ball. • Teachers will walk down the line and toss the ball to the student who will catch. This is one student at a time. While the teacher tosses to the student, the other students continue to self toss. The assistant teacher can toss as well. Teacher and assistant teacher will toss a 6 inch ball <p>Progression 2:</p> <ul style="list-style-type: none"> • Using the double-line, multi-polyspot station, two children will stand at the first two spots facing each other. • The child on the left side will start with a beach ball while the child facing the tosser shows his/her 	<p>Catch Task Card</p> <p>CUES: Show me your hands Gentle tosses to the hands Catch with two hands</p> <p>CUES: Show me your hands. Work</p>		

	<p>catching hands.</p> <ul style="list-style-type: none"> • Each child will toss and catch the beach ball. • After he/she each has successfully tossed and caught 1 time, the pair can now move from the green spots to the blue spots. • After a successful toss and catch at the blue spots, the pair can move to the orange spots and conclude at the red spots. • If there is a drop at any particular color they must start back at green. 	together. Gentle Toss		
30 sec	Transition to polyspot circle			
17-19 mins	<p>Throw stations</p> <p>Review the throw demonstration:</p> <p><i>“Does everyone remember when we practiced our throwing like baseball and softball players? We are going to practice that some more.”</i></p> <p>Standing with a foot on each orange polyspot and holding a beanbag in the throwing hand, step with the front foot onto the green polyspot and throw the beanbag at the letters.</p> <p><i>“Did anyone see what color spot I stepped on? Green, and I have a green sticker on my stepping foot.</i></p> <p><i>Before we go practice, everyone needs a green sticker to put on his/her sticker foot.</i></p> <p>(place a green sticker on each child’s left foot)</p>	Throw skill card		

<p>19-29 mins</p>	<p><i>When I say go, everyone is going to walk to an orange polyspot. Once we get there I will tell you what to do next. Go!"</i></p> <p>Progression 1:</p> <ul style="list-style-type: none"> • Standing on the orange polyspots with the front shoulder pointed to the target. • Step with the sticker foot onto the green polyspot and throw the beanbag towards the target that is chest height and 3 ft away. • The target is the “an” with the various letters in circle around the “an”. • The children are to make different “an” words and say them out loud. <p>Continue this progression for 3 mins.</p> <p>Progression 2: Same as progression 1, but back up 3 ft.</p>	<p>Throw task card</p> <p>CUES: Step and throw. Throw as hard as you can. Step with your sticker foot.</p>		
<p>30 secs</p>	<p>Transition back to polyspot circle</p>		<p>Pick up equipment</p>	
<p>29-30 mins</p>	<p>Closure: <i>“We completed a lot of activities today. Who made it through the catching game? Awesome. What are some of the different words we spelled? Who spelled Pan? How about Man? That's great everyone.”</i></p>		<p>Pick up equipment</p>	