**Throwing and Catching Unit Organizer**

**3rd Grade Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

Basketball Soccer Whiffle Ball, Baseball, Team Handball, Speedball

and Basketball

**Summary**

In this unit students will review and build upon skills learned in previous years. They will use some of the mechanics and skills practiced in 2nd grade.

**The Big Idea**

Students will practice skills correctly and play a variety of games that will give them repetition with throwing and catching.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

**Standard: 3. Emotional and Social Wellness in Physical Education**

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Integrated Units/Activities – Similar ideas**

**Throwing-**Whiffle ball, Baseball, Team Handball, Speedball

**Catching-**Basketball, Whiffle ball, Baseball, Team Handball, Soccer, Speedball

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten –

K – Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. They will play a modified version of Shark on the beach, Pintecktors and battleship.

Catching- We practice catching above our waist with our thumbs closer together. We also talk about catching a ball below our waist with our pinkies closer together. We practice stationary throwing and catching with a partner.

1st-2nd- Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. They will play Shark on the beach, Pintecktors, battleship and Atom Ball.

Catching- We practice catching above our waist with our thumbs closer together. We also talk about catching a ball below our waist with our pinkies closer together. We talk about using the pads of our fingers as well as giving with the ball when you receive it. We practice throwing and catching with a partner and also step backs. For every two catches made the partner on the red line can take a step back.

4th- -6th Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. They will play Dodgeball, Atom ball and Battleship.

Catching- Throughout the games we play, we are practice catching above our waist with our thumbs closer together. We also talk about catching a ball below our waist with our pinkies closer together. We talk about using the pads of our fingers as well as giving with the ball when you receive it.

**What they will learn in future grades?**

7th-8th –Core class will focus on sports, skill cues, game rules and history of the activity. Students will participate in a game of dodge ball, team handball, Alfonso ball and also a football unit. Students do have the option of taking an elective class in which they will play all of the games but not have a formal football unit. Electives class is smaller in numbers and the focus is on fitness and weights. Because of the lower numbers the games we play tend to be more fun and competitive. We review/learn game rules, practice for a short time and then play the game. In elective there is not any new skill development other than repetition and correction on skills that may be done incorrectly.

9th-12th – Students may take PE as an elective class in which they will play ping-pong, paddleball, badminton, pickleball, and tennis. The main unit covered in high school elective is a two week tennis unit. The students learn the rules and practice the skills before playing games. The first half of the unit is played inside at Liberty on smaller indoor courts learning control with less reactive tennis balls and the second half is played outside at Edora Parks tennis courts. They do not cover specific throwing and catching units.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our Throwing and Catching unit follows the basic core knowledge principles. Students learn the basics which build upon each other year after year. We make sure to overlap/practice what was learned the year before and build upon their current skill set. Each year a little more time is spent on the sport and it is taught more in depth.

**Additional Resources**

G.A.S.P poster in gym & white board with tournament information on it.

**Standards for Achievement**

**Student’s will-**

\*Know which hand to hold their ball in.

\*Know the skill cues for Throwing.

\*Know the skill cues for Catching.

\*Know the rules to Shark on the beach.

\*Know the rules to Pintecktors.

\*Know the rules to Atom Ball.

\*Know the rules to Monster Ball.

\*Know the rules to Battle Ship.

\*Know the rules to End Zone Throw

\*Display appropriate safety for themselves and their peers throughout the unit.

\*Display good sportsmanship and display integrity throughout the lesson.

**Types of Assessments**

\*A visual assessment will be used by the teacher to determine if students are ready to move from skills practice to game play.

\*Students will be quizzed orally regarding skill cues, rules and safety daily.