

## *Physical Education Enrichment Activity Lesson*

### **Title: Four Corner Fitness with Overhand Throwing/Catching Challenges**

**Grade:** 3 – 5

**Summary:** Get a full body workout and then practice your overhand throwing skills with a partner or use targets for accuracy. This can be done inside or outside, but you will need a fairly large open space with four corners for your exercises. Don't forget your tennis shoes!

**Materials:** For this activity, you can use any type of round ball that fits in your hand (baseball, softball, tennis ball, etc.) or you can roll up a crew-length sock so you can use it indoors. Empty water bottles can be used as targets during practice, or you can play catch with a family member. Water bottles filled up can be used as light weights to add resistance to your fitness.

**Fitness:** **Four Corner Fitness:** Map out four corners in a large space (think drive way or front/back yard. Assign an exercise specific to each major muscle group (Upper Body, Lower Body, Core, and Cardio) and complete six full rounds. Crank up your choice of music and get that heart rate up. Each time you get to a station, do the opposite exercise than you did last time. See below for exercises listed by each corner. Click on each exercise if you want to see a picture.

**Upper Body Muscles:** 15 Push Ups & 20 Small Fwd. Arm Circles

**Lower Body Muscles:** 10 Jump Squats & 10 Lunges (Each Leg)

**Core Muscles:** 30 second Plank Hold & 15 Leg Lifts

**Cardio Exercises:** 30 Seconds of Ski Jumpers & 30 seconds of Mt. Climbers

#### **Upper Body**

[15x Push-ups](#)

[20x Forward Arm Circles](#)

#### **Lower Body**

[10x Jump Squats](#)

[10x Lunges \(each leg\)](#)

#### **Core Muscles**

[30 second Plank Hold](#)

[15x Leg Lifts](#)

#### **Cardio Exercises**

[30 second of Ski Jumpers](#)

[30 second of Mt. Climbers](#)

**Modifications:** If any of these exercises are too difficult, try these modifications to make them a little more successful.

\* If you struggle to do a full push-up, drop to your knees, do shoulder touch push-ups, or try wall push-ups

\* If jump squats are too much, do regular squats

**Time to Move!** **Overhand Throwing and Catching.** Click [Watch this video first.](#) If you're going to do this activity inside, use a rolled up sock so you don't damage anything inside your house.

1. Practice your overhand throwing procedure using the T-L-Step/Throw method learned in PE. You can practice with a partner, or pick an empty spot on the wall to use as a target. To practice catching, remember to use both hands and catch away from your body.
2. If you're by yourself, and you have a flat wall at your house, you can practice catching by throwing a ball that bounces off the wall. Move farther away from the wall to test your strength and accuracy. Move forward as the ball bounces back to you to catch on the move.
3. If you have a partner, stand about 10 steps away from your partner, and both of you take one step back every third time you catch the ball. See how far away you can successfully throw and catch the ball/sock.
4. Try throwing to a moving target if you have a partner. Remember to throw to where they WILL BE, not where they are as you release.
5. If you have some empty water bottles, you can use those as targets. See how quickly you can knock down three water bottles.
6. Another game to play with a parent or sibling is H-O-R-S-E with throwing challenges. Pick a spot and throw at a water bottle. If you knock it down, your opponent has to do it from the same spot. If they are not successful, they get a letter toward spelling HORSE. Get creative and use obstacles like furniture, cars, or even your opponent. Start a new game when a person completes HORSE.

***Congratulations!*** *You completed this PE Enrichment Activity Lesson!*  
*Remember to clean up and put away all your materials. 😊*

## Critical Elements of Overhand Throwing



### Ready position

Facing target, feet shoulder-width apart, knees bent, eyes on target, object held in front of the body in preferred hand.

### Side to target

Body turns as the feet pivot in place and the side opposite the throwing arm is toward the target.

### Arm back

Bring the throwing arm back in a downward circular motion with the throwing hand extended away from the intended line of travel. The elbow is at shoulder height or slightly above, in preparation for action with the elbow leading. The nonthrowing hand points toward the target.

### Step

Step with the foot that is opposite the throwing arm.

### Rotate

Hips and shoulders rotate toward the target, the front body surface faces the target, and the arm comes forward past the head.

### Follow through

Throwing hand continues toward the target and continues down diagonally across the body.

Cue set 1: ready; turn; step; throw; point; follow through

Cue set 2: turn, point and look, step and throw, squash the bug

Cue set 3: turn, step and throw, hug thyself

Cue set 4: reach back, throw

Cue set 5: reach back, step, throw hard

## START



### Ready Position

1. Eyes on target.
2. Knees bent.
3. Feet shoulder-width apart.
4. Object in front of body.

## ACTION



### Step and Reach

1. Step toward the thrower.
2. Arms extend to meet the ball.



### Fingers Only

3. Adjust the hands; use W or V finger position.
4. Ball not trapped against body.

## STOP



### Give

1. Absorb the force of the object by bringing the arms back to the body.