

THROWING DEVELOPMENTAL ACTIVITIES

Week #3/Lesson #1

5 Throwing for Accuracy at a Smaller Target

The child will throw the Rubber band ball at a Hula Hoop or taped circle which is 3 feet from the ground. Begin at an appropriate distance from the circle. After throwing 8 out of 10 balls inside the circle, move back 5 feet and repeat until the child achieves the success rate.

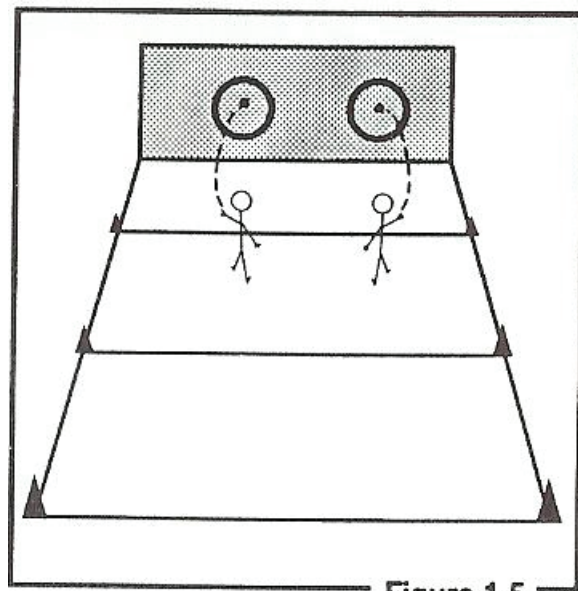


Figure 1-5

Recommended starting distances:
5 feet (ages 3 - 4) * 10 feet (ages 4 - 5)

Week #3/Lesson #2

6 Throwing for Accuracy at Two Smaller Targets

The child will throw Rubber band balls at two hoops that are propped, tapped, or tied in a vertical position 3 feet above the ground. The hoops are spaced 2 feet apart. The child will begin throwing at an appropriate distance and move back at 5 feet increments with success. The child will throw the ball 10 times, alternating between the right hoop and then the left hoop, getting 4 out of 5 in each hoop.

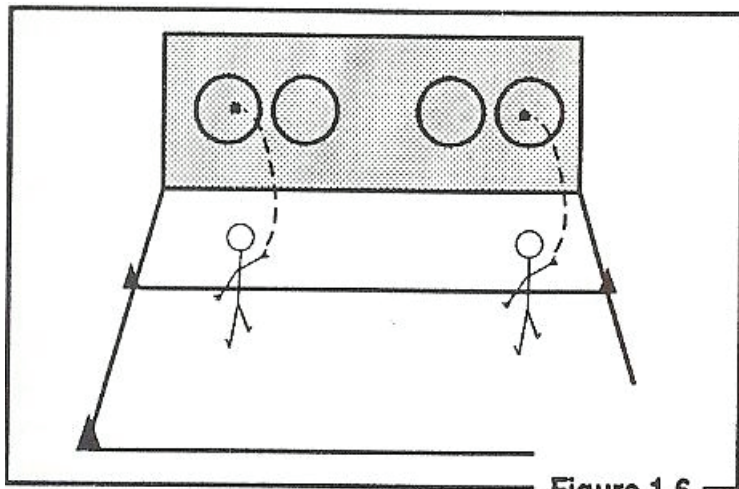


Figure 1-6

Recommended starting distances:
5 feet (ages 3 - 4) * 10 feet (ages 4 - 5)