



Throwing: Football Throw

Equipment:

Foam football and hula hoop

Set-up:

Mark line eight paces from hula hoop target. Place foam football next to marked line.

Description:

The student will throw foam football through hula hoop. This will help develop throwing accuracy, judgment of distance, and upper body movement pattern.

Instructions:

The student will try to successfully throw the football through the hula hoop and will be rewarded with one point for each successful throw. The student must remain behind the line to make the throw.

Scoring:

The student who makes the most successful throws will score a 3. The runner up will score a 4. All other students will score a 5.

