

Week: 1

Grade: 2

Lesson Title: Underhand Toss using a Sock

NYS Learning Standard: 1 and 2

Activity: Hit the Target

Challenge: How many points can you score in 1 minute?

Equipment Needed

- Laundry basket or empty box
- Pair of socks (balled up)
- Plastic water bottle
- Paper, pencil, timer and music (optional)

Activity Cues

- Face the target
- Step with your opposite foot towards the target (Ex -right hand throw, step with your left foot)
- Swing your arm back to prepare (like your bowling) and release
- Following through with your fingers pointing to the sky

Directions

- Clear a floor space in your house (such as a hallway)
- Place a laundry basket or empty box on the floor and turn it upside down
- Mark off a distance to throw from
- Use the sock (underhand toss) and attempt to hit the target (water bottle) on top of the basket
- Play for 1 minute and have a family member record your score
- You must retrieve your throws during the round
- Add music to begin and HAVE FUN!

Game Scoring

- 1 point for hitting the front of the basket or box
- 2 points for hitting the top of the basket or box
- 5 points for hitting the water bottle

Variations

- Make up your own game rules
- Increase or decrease the distance of your throws
- Use different objects to throw
- Add targets (increase the number of water bottles)