

Tossing Skill Set

by Discount School Supply

This colorful set includes plenty of pieces for lots of children to participate in numerous activities! Equipment in the set can be arranged into separate “tossing stations” or combined into a “moving” obstacle course for a lot of arm action.

Tossing Skill Set includes:

4 - Single Bricks	4 - Large 18” Hoops
4 - Double Bricks	4 - Buckets
4 - Short 16”L Poles	8 - Cotton Beanbags
4 - Long 28”L Poles	8 - Hoop and Pole Clips
4 - Small 14” Hoops	

Objectives/Learning Outcomes:

Participating in the activities and playing with the equipment promotes and develops the following:

- Throwing - a basic movement pattern that propels an object away from the body
- Tossing - to throw with a quick or light motion
- Underhand throw or toss - made with the hand brought forward and up from below the shoulder level
- Overhand throw or toss - made with the hand brought forward and down from above shoulder level
- Gross motor development - movement of the large muscles of the arms, legs and trunk
- Manipulative skills - gross motor skills in which an object (beanbag) is usually involved (manipulated). These skills include throwing and catching
- Fine motor development - movement of the small muscles of the fingers, toes and eyes
- Eye-hand coordination - eyes and hands working together smoothly to meet a challenge
- Color recognition - identifying the difference between colors
- Cooperation - learning to take turns and play together
- Listening skills -ability to follow verbal directions



Stages of Throwing:

1. Child only moves his throwing arm. The body does not move as he throws.
2. Determine which hand the child usually uses for throwing.
3. A child who throws with the right arm will step forward with the left foot.
4. A child who throws with the left arm will step forward with the right foot.
5. Prompt children to step forward with the foot opposite their throwing arm. This is the mature way to throw.

Teaching Cues for Learning to Throw:

1. "Look at the target" (hoop or bucket)
2. "Bring the beanbag to your ear before you throw"
3. "Start with this foot in front" (referring to the foot opposite the throwing arm)
4. "Step, turn your belly button, throw"

Teaching Suggestions:

1. Use hoops on the floor to designate where children are to stand when engaged in the activities.
2. Demonstrate the activity for the children.

Bucket Toss

Toss beanbags underhand or overhand

- Into buckets set on the ground
- Into buckets placed on poles set in bricks
- Challenge children to toss beanbags into the matching bucket color

Hoop Toss

Toss beanbags underhand or overhand

- Into hoops placed flat on the ground
- Through hoops set in groove in bricks or bottom of buckets
- Through hoops clipped to pole set in brick
- Through hoop set in groove of brick placed on pole supported by brick
- Challenge children to toss beanbags into or through the matching hoop color

Toss hoops

- Over buckets set on the ground
- Over poles set in bricks or buckets
- Over stacks of bricks

Partner Toss and Catch

- Children pair off into partners.
- One person holds a bucket on a pole.
- Partner is standing 3 feet away holding beanbag.
- Child with beanbag gently tosses it underhand into their partner's bucket.
- The children exchange places. The child who tossed the beanbag now attempts to toss the beanbag into the bucket.
- Play continues until each child has made 3 successful "bucket catches."
- Challenge children to increase distance between each other on every other toss.

Tossing for Points

- Put numbers (i.e., 5, 10, 15, 20) on pieces of masking tape.
- Tape each number to a separate bucket.
- Place buckets on poles (small and medium), set in bricks = bucket targets.
- Set bucket targets apart from each other at various distances (buckets with higher numbers should be placed farther away).
- Place hoops on ground to designate where children are to stand (hoops should be placed closer to buckets with lower point values).
- Ask children to throw beanbags into the buckets and tally the points made.