

PHYSICAL EDUCATION

**K-5**

# Throwing, Catching & Kicking

A 4-week object-control unit: toss, throw, catch, kick, pass, and trap.



## WHAT'S INCLUDED

- 4 weekly lesson plans (8 lessons)
- K-2 and 3-5 versions of every lesson
- Illustrated unit overview with vocabulary and equipment checklist
- Teaching cues, differentiation, and safety notes
- Printable assessment tools
- Aligned to the 2024 SHAPE America standards

# Throwing, Catching & Kicking



## BIG IDEA

“Objects go where your body tells them to go.”

## STUDENTS WILL

- Toss underhand and throw overhand with opposition
- Catch with hands, not the body
- Kick, pass, and trap a ball

## VOCABULARY

underhand

overhand

opposition

target

trap

follow through

## WEEKS IN THIS UNIT

|         |                    |             |
|---------|--------------------|-------------|
| WEEK 8  | Tossing & Catching | Standards 1 |
| WEEK 9  | Overhand Throwing  | Standards 1 |
| WEEK 10 | Kicking            | Standards 1 |
| WEEK 11 | Passing & Trapping | Standards 1 |

## EQUIPMENT CHECKLIST

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|-------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Scarves                | <input type="checkbox"/> Bean bags                   |
| <input type="checkbox"/> Hoops                  | <input type="checkbox"/> Foam balls                  |
| <input type="checkbox"/> Small playground balls | <input type="checkbox"/> Yarn or foam balls          |
| <input type="checkbox"/> Wall targets           | <input type="checkbox"/> Cones                       |
| <input type="checkbox"/> Pins                   | <input type="checkbox"/> Soccer or playground bal... |
| <input type="checkbox"/> Pinnies                |                                                      |

## UNIT ASSESSMENTS

**Week 8:** Throw/catch skill check: catch.

**Week 9:** Throw/catch skill check: overhand throw.

**Week 10:** Skill check: kick.

**Week 11:** Observe 5 passes and traps per student.

# Tossing & Catching

**Goal:** Students toss underhand and catch with hands, not the body.

**Standards:** 1 (2024 SHAPE America)



## EQUIPMENT

Scarves, bean bags, hoops, foam balls, small playground balls

## TEACHING CUES

**Tick-tock, step, swing, follow through • Hands ready, watch it, give with it**

|                                        | GRADES K–2                                                                                         | GRADES 3–5                                                                        |
|----------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Instant Activity</b><br>5 min       | Scarf juggling: toss and catch 1 scarf, then 2.                                                    |                                                                                   |
| <b>Skill Focus</b><br>8 min            | Teach the underhand toss ("tick-tock") and "hands ready." Self-toss and catch a bean bag 10 times. | Teach catching above the waist (thumbs together) and below (pinkies together).    |
| <b>Practice Game</b><br>Day 1 • 15 min | Partner toss with bean bags 5 steps apart; take a step back after 3 catches.                       | Partner toss at 10 feet with foam balls; add catching on the move.                |
| <b>Practice Game</b><br>Day 2 • 15 min | Hoop Toss: toss into hoops at 3 distances for 1, 2, or 3 points.                                   | Catching Challenge Ladder: catch, clap and catch, spin and catch, one-hand catch. |
| <b>Fitness Finisher</b><br>5 min       | Station Cards 27, 3                                                                                |                                                                                   |
| <b>Closure</b><br>3 min                | <i>"Where should your eyes be when you catch?"</i>                                                 |                                                                                   |

## DIFFERENTIATION

**Easier:** Scarves or larger balls; shorter distance.

**Harder:** Smaller balls; catch with the non-dominant hand.

## SAFETY

Soft objects only; partners stand in lines facing the same way.

## ASSESSMENT

Throw/catch skill check: catch.

## TEACHER NOTES

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WEEK 9 • UNIT 3: THROWING, CATCHING & KICKING

# Overhand Throwing

**Goal:** Students throw overhand with a side-on stance and opposite-foot step.

**Standards:** 1 (2024 SHAPE America)



## EQUIPMENT

Yarn or foam balls, wall targets, cones, pins

## TEACHING CUES

**Side to target • Arm back • Step with opposite foot • Follow through**

|                                        | GRADES K–2                                                                  | GRADES 3–5                                                                        |
|----------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Instant Activity</b><br>5 min       | Wall throws: throw a foam ball at the wall and retrieve your own ball.      |                                                                                   |
| <b>Skill Focus</b><br>8 min            | Teach "point, step, throw." Practice throwing hard at the wall.             | Break down the throw: side-on, arm back, opposite step, hip turn, follow through. |
| <b>Practice Game</b><br>Day 1 • 15 min | Big Target Throws: tape targets on the wall and earn points for hits.       | Distance and accuracy zones: throw from 3 lines to a target.                      |
| <b>Practice Game</b><br>Day 2 • 15 min | Clean Your Room: throw foam balls onto the other side before time runs out. | Pin Knockdown: teams guard their pins while throwing at the other team's pins.    |
| <b>Fitness Finisher</b><br>5 min       | Station Cards 2, 23                                                         |                                                                                   |
| <b>Closure</b><br>3 min                | <i>"Which foot steps when you throw with your right hand?"</i>              |                                                                                   |

## DIFFERENTIATION

**Easier:** Stand closer; use a larger target.

**Harder:** Throw at a moving target; increase distance.

## SAFETY

Throw only on the signal; retrieve only when all throwing stops.

## ASSESSMENT

Throw/catch skill check: overhand throw.

## TEACHER NOTES

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WEEK 10 • UNIT 3: THROWING, CATCHING & KICKING

# Kicking

**Goal:** Students kick a still and slowly rolling ball with the inside and laces of the foot.

**Standards:** 1 (2024 SHAPE America)



## EQUIPMENT

Soccer or playground balls, cones, pins

## TEACHING CUES

**Plant foot beside the ball • Eyes on the ball • Kick through it**

|                                        | GRADES K–2                                                                 | GRADES 3–5                                                              |
|----------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Instant Activity</b><br>5 min       | Toe taps on the ball, then foot-dribble and freeze on the signal.          |                                                                         |
| <b>Skill Focus</b><br>8 min            | Teach kicking a still ball with the inside of the foot, then the laces.    | Teach kicking a rolling ball: approach, plant, kick, follow through.    |
| <b>Practice Game</b><br>Day 1 • 15 min | Cone Goals: kick a still ball through a wide goal; the goal gets narrower. | Partner kicks: one rolls, the other kicks it back.                      |
| <b>Practice Game</b><br>Day 2 • 15 min | Kick Bowling: kick to knock down pins or cones.                            | Gate Challenge: kick through cone gates of different widths for points. |
| <b>Fitness Finisher</b><br>5 min       | Station Cards 6, 12                                                        |                                                                         |
| <b>Closure</b><br>3 min                | “Where does your plant foot go?”                                           |                                                                         |

## DIFFERENTIATION

**Easier:** Bigger, softer balls; wide goals.  
**Harder:** Use the non-dominant foot; kick for distance.

## SAFETY

Kick along the ground only; retrieve on the signal.

## ASSESSMENT

Skill check: kick.

## TEACHER NOTES

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