

THROWING DEVELOPMENTAL ACTIVITIES

Week #2/Lesson #1

3 Throwing for Distance

Using ropes or cones, mark off a throwing line, and lines at increments of 5 feet. Have the child throw a Rubber band ball 10 times trying to get 8 out of 10 balls to land beyond the appropriate line and continue on at 5 foot increments as success is achieved at each distance.

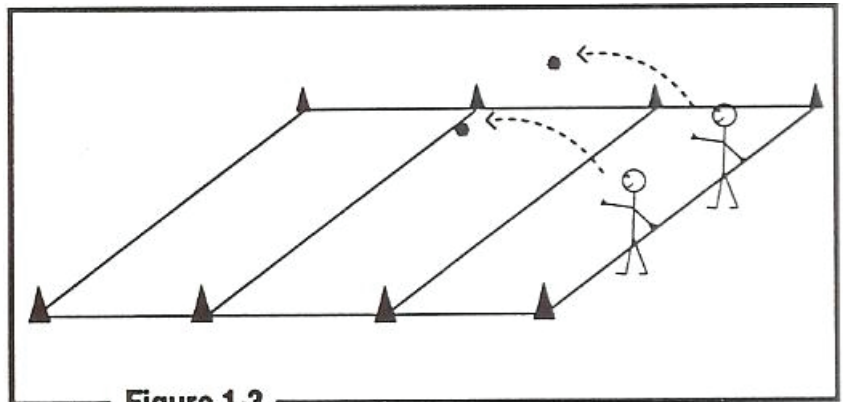


Figure 1-3

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

Week #2/Lesson #2

4 Throwing for Distance and Accuracy at a Large Target

Designate a large target area (8 feet x 8 feet) with tape on a wall or other surface and mark off a throwing line at an appropriate distance away and at 5 foot increments. Have the child use a Rubber Band ball to throw at the target. When successful 8 out of 10 times, have him move back 5 feet and repeat.

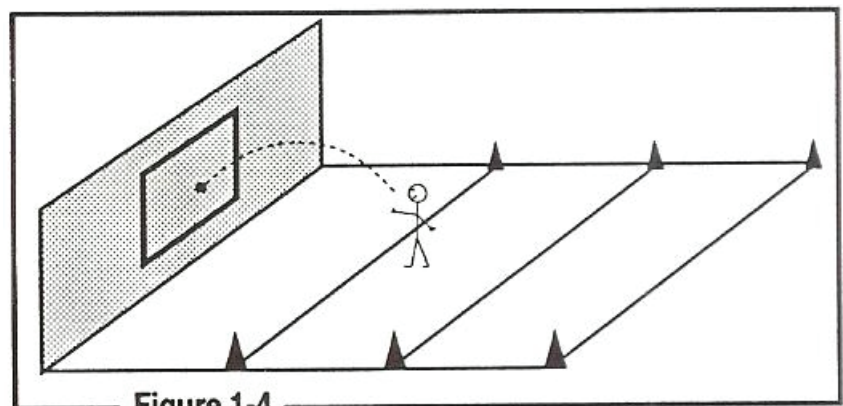


Figure 1-4

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