

LANDING PAD

Cooperative Fitness

STUDENT TARGETS

- **Skill:** I will throw a bean bag with accuracy using skill cues.
- **Cognitive:** I will discuss the skill elements of an underhand toss.
- **Fitness:** I will actively engage in order to increase my heart rate.
- **P&S Responsibility:** I will take turns tossing with my partner.

TEACHING CUES

- Face Your Target
- Step with Opposite Foot
- Fluid Arm Motion
- Tick-Tock Follow Through

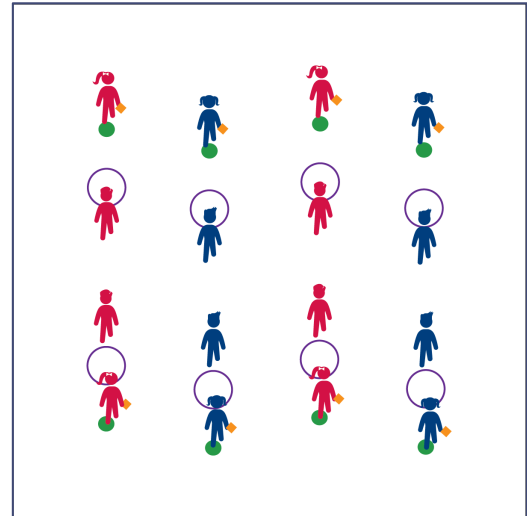
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 hoop per pair of students
- 1 spot marker per pair of students
- 1 bean bag per pair of students
- Stopwatch

Set-Up:

1. Pair students; each pair with a hoop, spot, and bean bag.
2. Scatter hoops throughout the area with a spot marker 5–8' away from each hoop.
3. One partner on a spot, the other behind a hoop.



Activity Procedures:

1. This is Landing Pad. The object of the activity is to work cooperatively with your partner to toss the bean bag into the hoop 10 times (total) as quickly as possible. You'll do that by tossing to the hoop and then quickly switching places with your partner.
2. On the start signal, toss the bean bag to the hoop. Your partner will quickly pick it up, and then you'll switch places as fast as you can. Then your partner will take a turn, and you'll continue to change places until you land 10 tosses into the hoop.
3. As soon as you make 10 tosses in the hoop, pick up your spot, place it in the hoop, and then get in plank position next to your hoop. When the entire class is in plank position, I'll stop the timer. Let's see how quickly the entire class can complete this challenge.

Grade Level Progression:

K–2nd: Increase the distance between the hoop and the spot.

3rd–5th: Switch the spots and the hoops so that students are tossing from the hoop onto the spot.

STANDARDS & OUTCOMES ADDRESSED

- **Standard 3 [S3]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction and practice (2); Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).

DEBRIEF QUESTIONS

- **DOK 1:** What are the cues for an underhand throw?
- **DOK 2:** How does each cue affect accuracy?
- **DOK 3:** How are the underhand throwing cues related to other manipulative skills? Give a specific example.