

Throwing and Catching Unit Test

Directions: Please ask a parent/guardian to help you make a video recording of you completing the exercises and answering the questions below. After you are done, please upload the video to your class's Seesaw account – the assignment can be found in the PE folder. Videos over 5 minutes long will not upload to Seesaw. If your video is over 5 minutes, please email directly to Coach Kring at rkring@fbcs.edu.ky.

Motor Development: Demonstrate the following skills **three times**.

(You will need a ball. You may use a variety of balls if you have a preferred ball for each activity.)

1. Demonstrate how to catch a self-tossed ball.
2. Demonstrate an underhand toss, thrown to a target (person, bucket, etc.)
3. Demonstrate an overhand distance throw.
4. Demonstrate how to catch a gently thrown ball. **Please ask a parent or older sibling to toss the ball to you.*

Cognitive Development: Answer the following questions verbally.

1. If you are going to throw a baseball to someone far away, across the field, would you use an underhand or overhand throw?
2. If you were going to throw a beanbag to someone standing close to you, would you use an underhand or overhand throw?
3. Explain the step by step elements of an overhand throw.
 - a. *For example, "First I would stand like... then I would move my arms like... etc."*
4. When you are catching a ball, how should your fingers be placed?
 - a. *For example, "When I catch a ball above my head, my fingers are.... Or when I catch a ball low by my waist, my fingers are..."*

Personal Development: Answer the following questions verbally.

1. In which sport or game would you use an overhand throw?
2. In which sport or game would you use an underhand throw?
3. Do you feel like you are successful and able to catch and throw a ball?

Participation / Classwork: Answer the following questions verbally.

1. Were you able to complete all the P.E. lessons from Coach Kring?
 - a. Self-Toss and Catch
 - b. Underhand Throw
 - c. Overhand Throw
 - d. Frisbee/Baseball/Partner Throw