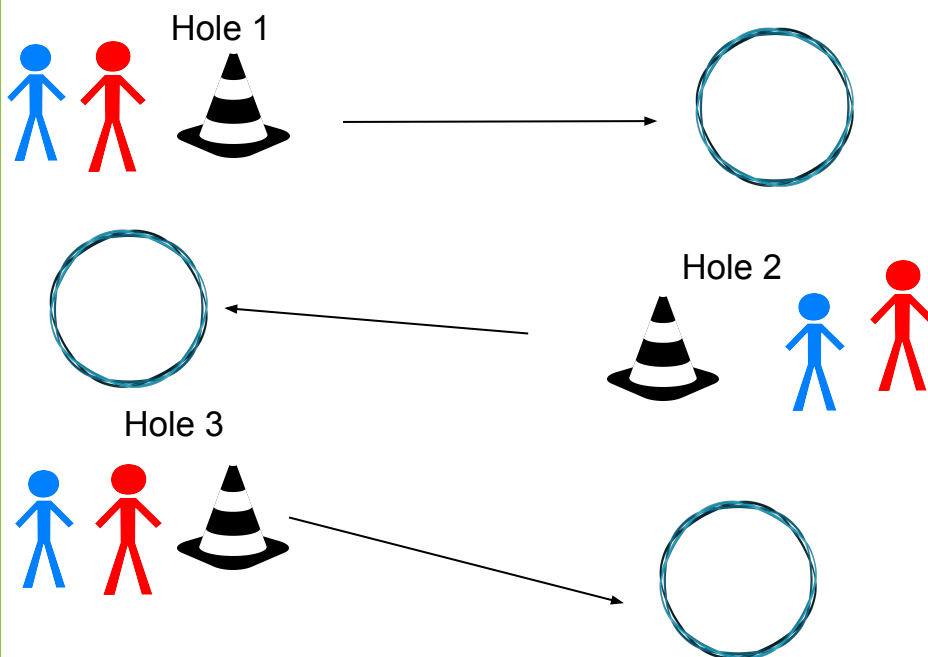


Equipment

- Enough Homeball-sized balls for entire class (Wiffle balls, foam balls and tennis balls would all be acceptable).

Set-up

- Set up buckets or hula-hoops on the field or in the gym.
- For each target there should be a designated tee off spot (use cone).
- Determine a par for each hole depending on length of hole (2,3,4, or 5).



Activity Procedures

1. Place students in groups of 2, 3, or 4.
2. Each group will start on a different hole.
3. Students will throw the ball from the tee off location and try to get as close to the target (bucket or hoop) in the least amount of throws. Students will keep throwing until they get the ball in the target.
4. Then the next player will throw until they reach the target. After all players in group finish the hole then they will move to the next hole.
5. Players will move from hole to hole and should be able to play the entire course.

Progression

1. Students can play a round of holes underhand.
2. Students can play the a round of holes overhand.
3. Students can throw whichever way they think will be most successful.

Teaching Cues

- Overhand throw: side to target, arm back, step with opposite foot, follow through.
- Underhand throw: face the target, step, bowling motion, follow through.

Reflection Questions

1. What technique worked best for you (underhand or overhand)?
2. Why was this technique best for you.
3. What strategies would you recommend to your peers to be successful in Toss Golf?
4. How can you use the strategies learned today and apply them to different activities and sports.