



Throwing T-ball

Purpose:

Throwing T-ball is an active modified game for applying fundamental movement skills (FMS). FMS focus: overarm throw, sprint run, gallop, jump and hop.

Equipment required:

- 6 tennis balls
- 10 cones



Procedure:

1. Place 6 cones along one line of grid about 1m apart. Place a tennis ball on each cone.
2. Mark out a fitness zone with 4 cones, about 4m x 4m.
3. Divide the class into 2 equal teams. One is the throwing team and the other is the fielding team. The fielding team will spread out in the open grid area, about 10m x 10m.
4. Half of the throwing team will stand behind a cone and pick up a ball. The rest of the throwing team stand in the fitness zone ready to begin shuttle runs.
5. On the teachers signal, the throwers all throw their ball overarm as far as they can into the space where the fielders are while the fitness zone players perform shuttle runs as a team.
6. Meanwhile, the fielding team must retrieve all of the balls and return them to the cones.
7. When all balls are sitting on the cones, the teacher calls **STOP** and the runners tell the teacher how many laps they have completed. This is the score to beat.
8. The throwing team have another turn, with the throwers and runners switching places.
9. The throwing team and the fielding team now switch places and repeat the game.

You may increase the number of balls that are thrown (e.g. 2 each). You can choose any locomotor movement to practice in the Fitness Zone.