

## “The Gentle Art of Catching & Throwing”

By Artie Kamiya ([artie@greatactivities.net](mailto:artie@greatactivities.net))



**Background:** Even if you're a novice or “seasoned” physical education teacher, you may enjoy learning about a few more teaching cues for catching and throwing! For example, the following three cues:

- “Watch” (track the ball)
- “Reach” (extend your hands towards the ball)
- “Give” (absorb the force of the ball by bringing it into your body)

can be used when teaching your students how to catch. Or

- “Elbow high, watch it fly!”
- “Elbow low, it’ll go slow”

can prove to be useful for helping your students to remember to lead with their elbow when performing an overhand throw. In the same manner, the following instructional skill cues for catching and throwing can also be used.

Skill	Skill Elements/Teaching Cues
 <b>CATCHING</b>	<p><b>Description:</b> Catching is a skill where the hands are used to control an object like a ball, Frisbee, or beanbag.</p> <p><b>Essential Elements:</b> The student should remember –</p> <ol style="list-style-type: none"> <li>1. ___ Body faces the incoming throw</li> <li>2. ___ Knees bent, feet shoulder-width apart</li> <li>3. ___ Thumbs face together for balls above the waist, thumbs face away for balls below the waist</li> <li>4. ___ “Soft” hands reach for ball, absorb the impact, bring ball toward chest</li> </ol>
 <b>THROWING</b>	<p><b>Description:</b> Throwing is a skill where the hand(s) is used to propel an object like a ball, Frisbee, or beanbag.</p> <p><b>Essential Elements:</b> The student should remember –</p> <ol style="list-style-type: none"> <li>1. ___ Body sideways, non-throwing shoulder faces the target</li> <li>2. ___ Elbow high</li> <li>3. ___ Step in opposition</li> <li>4. ___ Rotate hips with follow-through</li> </ol>

**Other Catching Cues:** Here’s a few more catching cues for your consideration:

- “Eye on the ball” (Watch the ball)
- “Ball’s above the waist - say ‘hello’” (Fingertips up – thumbs in)
- “Ball’s below the waist – take it low” (Fingertips pointed down – thumbs out)
- “Don’t delay - Make the play” (to encourage students to throw the ball after catching it)

**Other Throwing Cues:** And a few more simple throwing rhymes and cues to consider:

- “The shoulder points,” (Side to intended target)
- “Swing your elbow high,” (Swing your elbow up and back)
- “Step and turn,” (Step with opposition and rotate your hips)
- “Watch it fly!” (Follow-through with throwing arm across body)

**About the Author:** Artie Kamiya is the author/editor of the *Teaching PE Power Standards Curriculum Guides* for Grades K-2, 3-5, 6-8, and High School. Please feel free to contact him at [Artie@greatactivities.net](mailto:Artie@greatactivities.net) to share your favorite instructional cues. He will be back with additional assessment tips in future issues of this publication!

**“Best Practices in Physical Education”**  
**By Artie Kamiya (artie@greatactivities.net)**

**Background:** As more and more schools and school districts begin to establish K-12 physical education programs that reflect best practices for grading and student assessment, a wide variety of positive strides have been taking place. These typically include the following four items:

1. Establishing grade level outcomes (or “benchmarks”) for physical education aligned to State PE Standards,
2. Implementing on-going formative assessments aligned to these grade level outcomes,
3. Using “PE Progress Reports” to share with parents and school administrators, and
4. Grading student progress on grade level outcomes and moving away from traditional methods of grading students (i.e., “dressing out,” participation, etc.).

**Example:** Seen below is a sample PE Progress Report that incorporates all four “best practices.” This sample “PE Progress Report” format is currently being used by numerous school districts across the United States.

**4th Grade Physical Education Progress Report**

Student Info	School Info	Grade	Rubric	Point Conversion
<b>Student:</b> Shay Williams <b>Grade:</b> 4 <sup>th</sup> Grade <b>Year:</b> 2011-2012 <b>Period:</b> 5th <b>PE Teacher:</b> John Bentley	Southview Elementary 61 Broadway Blvd Jacksonville, FL Phone: (828) 723-1234 Fax: (828) 723-2345	<b>A</b> = 93-100 <b>B</b> = 86-92 <b>C</b> = 78-85 <b>D</b> = 70-77 <b>F</b> = 0-69	<b>4</b> = Exceeds <b>3</b> = Consistently <b>2</b> = Sometimes <b>1</b> = Seldom <b>0</b> = Rarely	<b>4</b> = 10 Points <b>3</b> = 9 Points <b>2</b> = 8 Points <b>1</b> = 7 Points <b>0</b> = 6 Points

Physical Education Grade Level Standards	1st Q	2nd Q	3rd Q	4th Q
<b>(4.1)</b> Demonstrates changes in speed with different pathways, levels, and directions in game-like settings (e.g., catching a football pass on the run).	3	3	3	3
<b>(4.2)</b> Performs a series of basic square dance steps.	3	3	3	3
<b>(4.3)</b> Demonstrates how to throw to a stationary partner, while moving, at varying distances.	2	3	3	3
<b>(4.4)</b> Demonstrates how to combine manipulative skills (i.e., catching, dribbling, and passing to an open player) with partners and in drills.	2	3	3	3
<b>(4.5)</b> Demonstrates the five manipulative skills showing all elements with partners, drills, and lead-up games.		2	3	3
<b>(4.6)</b> Understands all five health related fitness assessments and the associated exercises that develop muscular strength, endurance, and flexibility in a variety of muscle groups.		3	3	3
<b>(4.7)</b> Participates in numerous bouts of MVPA for >20 minutes during and outside of school and understands the accumulative effect of physical activity.		2	2	3
<b>(4.8)</b> Utilizes a simplified version of the Perceived Exertion Scale (PES) while participating in a variety of selected MVPAs.			2	3
<b>(4.9)</b> Demonstrates the concept of target heart rate and how to monitor it with and without technology.			3	3
<b>(4.10)</b> Understands all five obesity prevention health behaviors.			2	3
<b>(4.11)</b> Uses praise and other types of encouragement appropriately.	2	3	3	3
<b>(4.12)</b> Accepts responsibility for one’s own performance without blaming others.	2	2	3	4
<b>Point Conversion for 4.1-4.10</b>	36	61	87	90
<b>Converted Percentage for 4.1-4.10</b>	85%	87%	87%	90%
<b>Sportsmanship Bonus Points (4.11 and 4.12)</b>	5	5	6	7
<b>Total Percentage Obtained</b>	90%	92%	93%	97%
<b>Grade Obtained</b>	B	B	A	A

**Closing:** Interested in changing your school’s PE grading and assessment practices? If so, please consider attending the 2013 National PE Institute. The PE Institute will take place from July 29-August 2, 2013 in beautiful Asheville, North Carolina. For more information, please see the PE Institute website - <http://www.nationalpeinstitute.com>.

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