**Lesson Title:  Underhand Toss using a Sock**

**NYS Learning Standard:  1 and 2**

**Activity:  Hit the Target**

 **Warm Up**

* **Run or Jog in place for :30 seconds**
* **Arm Circles – 10 forward and 10 backwards**
* **10 Twist**
* **Toe Touches – Feet together, straight legs and touch your toes without bending your knees.  Hold for: 10 seconds and repeat three times.**
* **10 Pushups**
* **10 Sit-ups or 10 Crunches**
* **10 Jumping Jacks**

**Activity**

**Challenge:  How many points can you score in 1 minute?**

**Equipment Needed**

* **Laundry basket or empty box**
* **Pair of socks (balled up)**
* **Plastic water bottle**
* **Paper, pencil, timer and music (optional)**

**Activity Cues**

* **Face the target**
* **Step with your opposite foot towards the target (Ex -right hand throw, step with your left foot)**
* **Swing your arm back to prepare (like your bowling) and release**
* **Following through with your fingers pointing to the sky**

**Directions**

* **Clear a floor space in your house (such as a hallway)**
* **Place a laundry basket or empty box on the floor and turn it upside down**
* **Mark off a distance to throw from**
* **Use the sock (underhand toss) and attempt to hit the target (water bottle) on top of the basket**
* **Play for 1 minute and have a family member record your score**
* **You must retrieve your throws during the round**
* **Add music to begin and HAVE FUN!**

**Game Scoring**

* **1 point for hitting the front of the basket or box**
* **2 points for hitting the top of the basket or box**
* **5 points for hitting the water bottle**

**Variations**

* **Make up your own game rules**
* **Increase or decrease the distance of your throws**
* **Use different objects to throw**
* **Add targets (increase the number of water bottles)**

**\*Cool Down – Pick 3 exercises from the above list**