**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**

**Lesson Title:  Underhand Toss**

**NYS Learning Standard:  1 and 2**

**Activity: Spare Change Basketball**

**Challenge:  How much money can you make in 1 minute?**

**Equipment Needed**

* **Laundry basket or empty box**
* **Pair of socks (balled up)**
* **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 left foot)**
* **Swing your arm back to prepare (like your bowling) and release**
* **Following through with fingers pointing up to the sky**

**Directions**

* **Place a laundry basket or empty box on the floor and turn it upside down**
* **Set up 4 spots to toss balled up socks into the basket**
* **Each spot should be a little further from the basket**
* **Toss a sock from any spot you choose**
* **Play for 1 minute and have a family member record your score (total amount of money earned)**
* **Add music to begin and HAVE FUN!**

**Scoring**

* **Spot 1 = Penny**
* **Spot 2 = Nickel**
* **Spot 3 = Dime**
* **Spot 4 = Quarter**

**Variations**

* **Make up your own game rules**
* **Increase or decrease the distance of your throws**
* **Use different objects to throw**
* **Add more spots**

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