

101 
FUN 
PE GAMES

**THROWING
GAMES**

FOCUS



GROSS MOTOR



ENDURANCE

GROUP SIZE

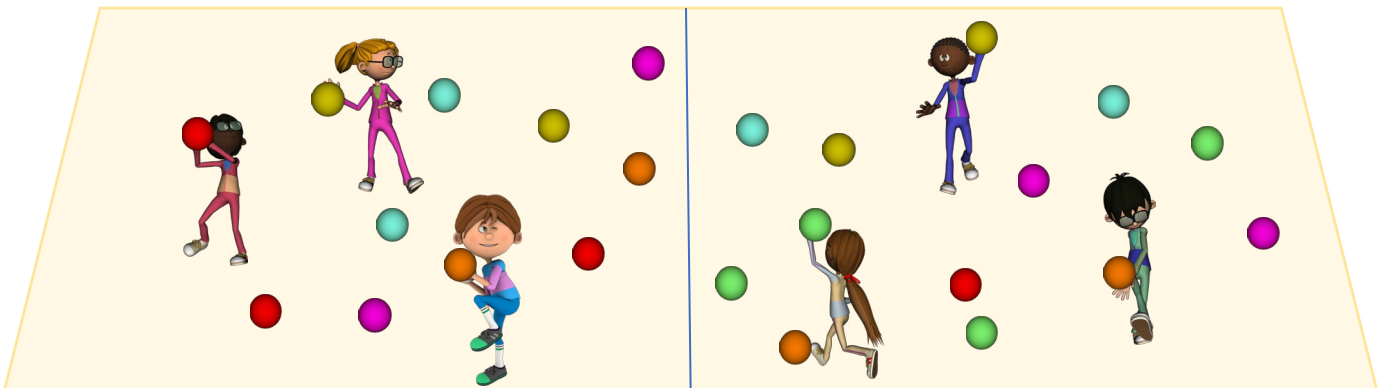


EQUIPMENT

4 cones, 20 small sponge balls

SETUP

Divide the class into 2 teams, one team on each half of the room. Place 10 balls on each side of the room.



INSTRUCTIONS

1. On 'go' the children will begin to throw the balls onto the other team's half of the room. Children must stay on their half of the room at all times.
2. The teacher will set a 2-minute time limit for each round.
3. The game is continuous, meaning the children must keep finding balls on their half of the room and tossing them back to the other team's side.
4. Children should not be trying to hit other children. After 2 minutes, the game stops. Whichever team has fewer balls on their half of the room wins the round.

MAKE IT EASIER

- Use less balls and reduce the time limit for the game from 2 minutes to 1 minute.

MAKE IT HARDER

- Use more balls and increase the time limit of the game from 2 minutes to 3 minutes.

FOCUS



GROSS MOTOR

GROUP SIZE

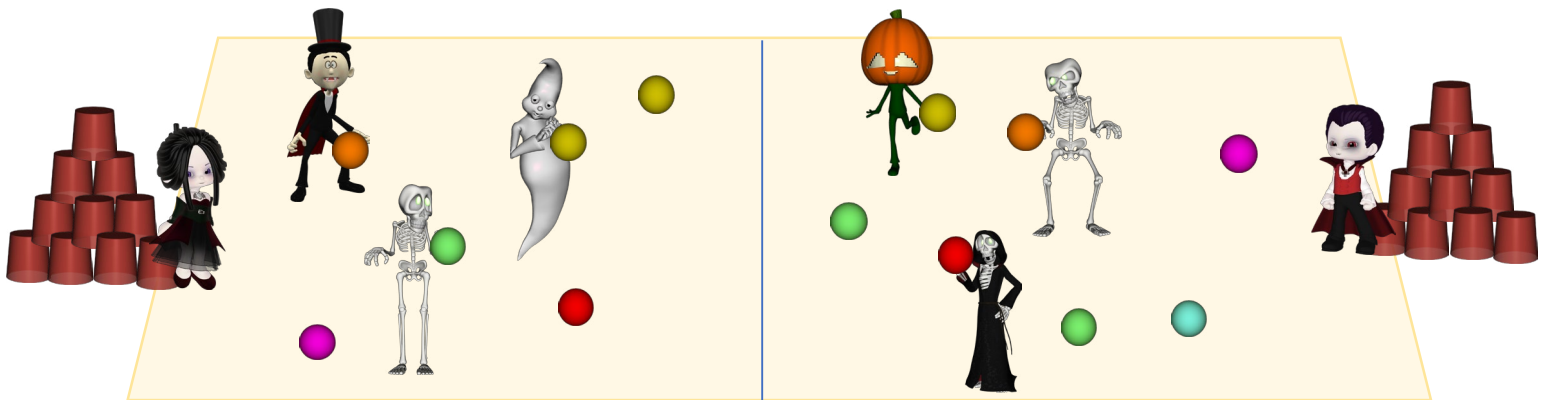


EQUIPMENT

20 sponge balls,
20 plastic cups

SETUP

Divide your class into 2 teams and place each team on one half of the room divided by the middle line. Provide enough balls for each child. Stack up 10 cups on each end line which the little monsters will try to mash up.



INSTRUCTIONS

1. On 'go' the children must roll their balls onto the other team's side with the objective of knocking over the other team's stacked cups.
2. Each team may have 1 goalie to block balls.
3. At no time can students go on the other team's half of the room.
4. The first team to knock over the other team's cups wins. Once the game is over, re-stack the cups and start again.

MAKE IT EASIER

- You can play with no goalies to create an easier game where the cups get knocked over easier.

MAKE IT HARDER

- Use goalies to make it more challenging to knock over the cups.

FOCUS



GROSS MOTOR

GROUP SIZE

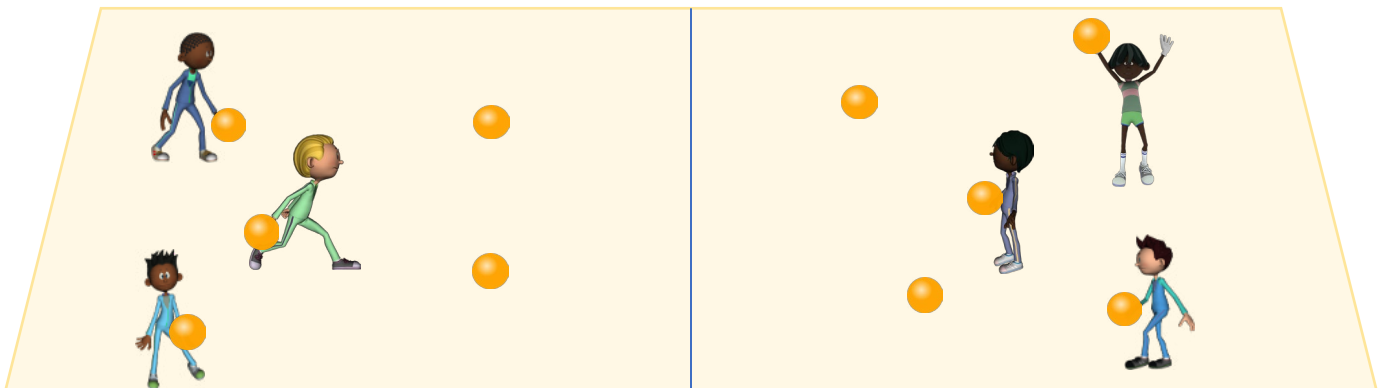


EQUIPMENT

10-20 sponge balls
(orange ones if you have them)

SETUP

Divide your class into 2 even teams and place each team on one half of the room. Make sure you have a middle line to divide the teams as they are not allowed to go on the opposing team's side. Give each team 5 balls to start off with.



INSTRUCTIONS

1. The objective of this game is to get all the rotten pumpkins (balls) onto the other team's side at the same time.
2. The first team to get all 10 on the other team's side wins that round.
3. On 'go' the students will begin to quickly roll their ball onto the other team's half of the room.
4. When they see a ball coming to them, they cannot kick it, but may quickly pick it up and roll it onto the other team's side.
5. The first team with no balls wins the round.

MAKE IT EASIER

- Use fewer than 10 balls.

MAKE IT HARDER

- Use more than 10 balls.

FOCUS



GROUP SIZE

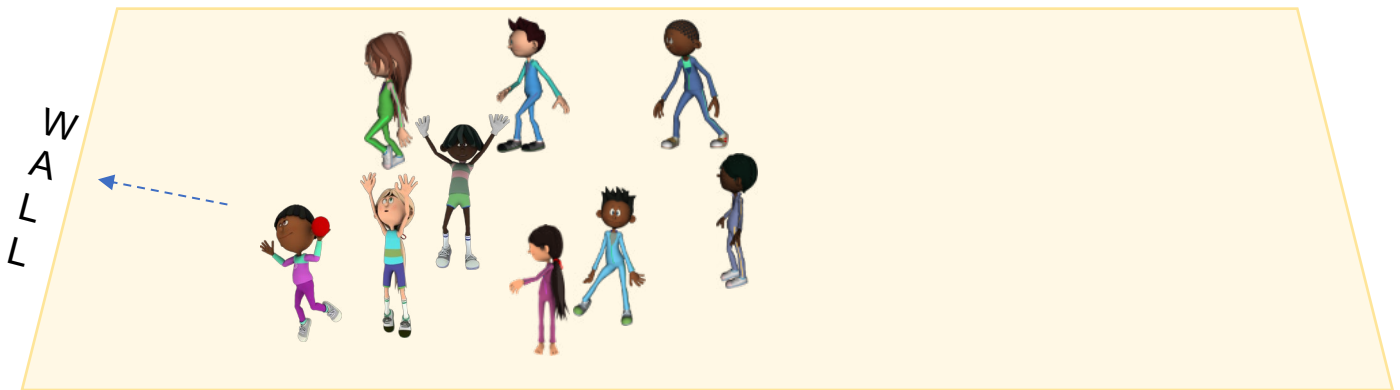


EQUIPMENT

1 tennis ball

SETUP

The children spread out in the room facing the same direction at a single wall. One children will start off holding the tennis ball. Children need to pay careful attention to the location of the ball throughout the entire game for their safety.



INSTRUCTIONS

1. On 'go' the child with the ball must throw the ball in the air towards the wall.
2. Once the ball rebounds off the wall, another child should attempt to catch the ball.
3. After they catch the ball, the next child should now throw the ball back against the wall. The pattern changes when a child misses the ball.
4. Once a child misses the ball, they must quickly run to the wall before another child picks up the ball and throws it to the wall. If the ball beats the runner to the wall, the child who threw the ball will receive a point.
5. Once a point is rewarded, the game resumes again.

MAKE IT EASIER

- Allow the children to catch a ball on as many bounces as they would like.

MAKE IT HARDER

- Students must catch the ball on 2 bounces or fewer.

FOCUS



GROSS MOTOR



ENDURANCE

GROUP SIZE

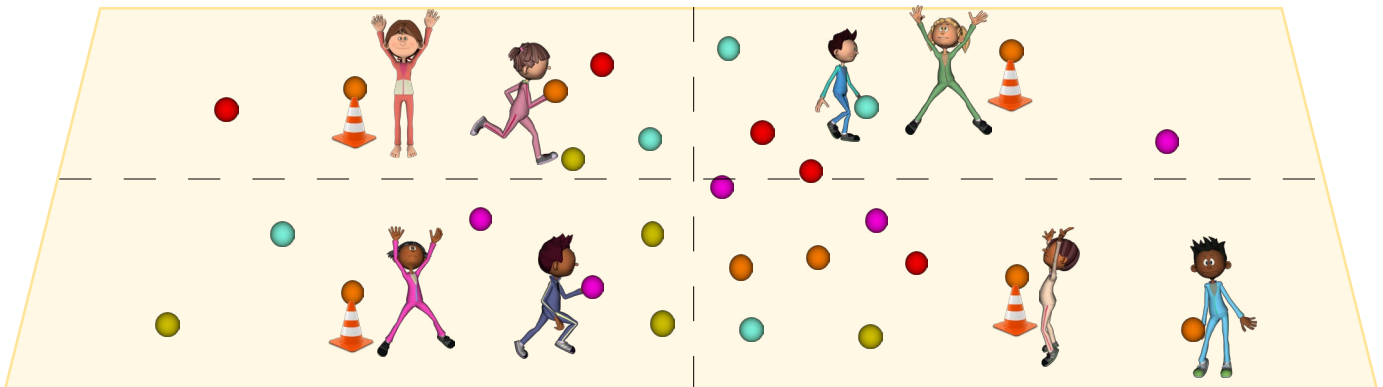


EQUIPMENT

Cones, sponge balls

SETUP

Divide the gym in 4 sections and divide the class into 4 teams. Each team will get their own section. Each section will have a cone with an orange ball (pumpkin) on top of it. The object of the game will be to smash the other teams' pumpkins.



INSTRUCTIONS

1. Once your class is divided into 4 teams, they must pick a pumpkin guard on each team. The rest of the kids will be pumpkin smashers.
2. On 'go' the pumpkin smashers will begin to toss their balls towards the other teams' pumpkins with the objective of knocking them off the top of the orange cone.
3. Each time they are successful, they get a point and the team who just had their pumpkin smashed must get the ball that just got knocked off and balance it back on top of the cone.
4. Every few minutes take a 'score' timeout to find out how many points each team has and to let them switch roles during the game play.

MAKE IT EASIER

- Allow them to play with no goalies to allow for great success at knocking the ball off the cone.

MAKE IT HARDER

- Allow the teams to have multiple goalies to make it harder to score a point.