

Ball Throw Relay

Level: 3rd grade and up

Objective: Students will use ball-handling skills while running

Equipment: One ball per team

Procedures:

- 1) Divide students into even teams.
- 2) Have them line up on one end of the gym on the starting line.
- 3) Have first two players toss ball back and forth to each other while running to the turn line (approximately 25 feet from start line) and return to the starting line.
- 4) Players must pass the ball atleast eight times while running or they will need to repeat their turn.
- 5) Upon their return, the next two players repeat the steps above.
- 6) First team to have all members complete the task will sit down and wait for the rest of the class to finish.

Assessment: Observe students ball handling skills while running.