

Throwing & Catching

K-5 Physical Education

Benchmarks

Kindergarten

1. Tossing to self and catching.
2. Catching in different places around the body.
3. Catching a rolling ball.

Grade One

1. Throwing and catching against a wall.
2. Throwing fast and slow.
3. Catching from a skilled thrower.

Grade Two

1. Varying the distance of throws and catches.
2. Throwing over or under an obstacle or net.
3. Catching with the right and left hand.

Grade Three

1. Throwing a foam ball into a basket.
2. Throwing a beanbag or ball at a target or targets.
3. Throwing an object through a hoop.

Grade Four

1. Catching objects thrown at different levels.
2. Moving one step in any direction to catch.
3. Throwing accurately overhand, underhand, and sidearm while running.

Grade Five

1. Catching an object at any height level.
2. Catching a rebounding ball.
3. Throwing to a moving target.