

PE eLearning Day

This lesson is a tossing and catching game called throwing sevens. Throwing sevens originated in Colonial America because it is an easy game that can be played with any type of ball or object that can be tossed in the air. The objective of throwing sevens is for each player to toss and catch while performing different challenges. Choose a challenge from the list below and try to performing it seven times without a miss. Once you are able to catch it seven times in a row, choose a new challenge from the list. See how many of the different challenges you are able to complete.

LIST OF ONE-OR TWO-HANDED CHALLENGES:

- Toss-clap-catch
- Toss-clap behind the back-catch
- Toss-clap once-touch right shoulder with left hand, right hand to left shoulder-catch
- Toss-twirl around once-catch
- Toss-bend forward and clap behind both legs-catch
- Toss-clap behind right leg-catch
- Toss-clap behind left leg-catch
- Toss-clap behind right left-clap behind left leg-catch
- Toss-clap under lifted right leg-clap under lifted left leg-catch
- Toss-touch toes-catch
- Toss-lift right leg and touch heel-lift left leg and touch heel-catch
- Toss and catch seven times while hopping on right or left foot-catch
- Toss-jump on both feet seven times-catch
- Toss and catch seven times while standing on right or left foot-catch

LIST OF ONE-HANDED CHALLENGES:

- Toss left-catch right
- Toss right-catch left
- Toss from behind the back-catch with opposite hand
- Toss from behind back the back-catch with same hand
- Toss right under right leg-catch with left hand
- Toss left under left leg-catch with right hand
- Toss left under left leg-catch with right hand reaching under right leg
- Toss right under right leg-catch with left hand reaching under left leg
- Toss left under right leg-catch left
- Toss right under left leg-catch right

Please circle the challenges that you were able to complete.

Please record how many minutes you spent tossing and catching. _____

Student Name _____

Today's Date _____

Homeroom Teacher _____

Grade _____

Parent Signature _____