

# Underhand Throwing for Accuracy

## Champions & Challengers

@pe4everykid

**Equipment:** 16-20 hula hoops (in pairs of matching colors – 2 red, 2 green, etc...), 8-10 poly spots (matching colors to the paired hoops), 8-10 bean bags or Koosh balls (matched to the colors of the poly spots), some cones for boundaries.

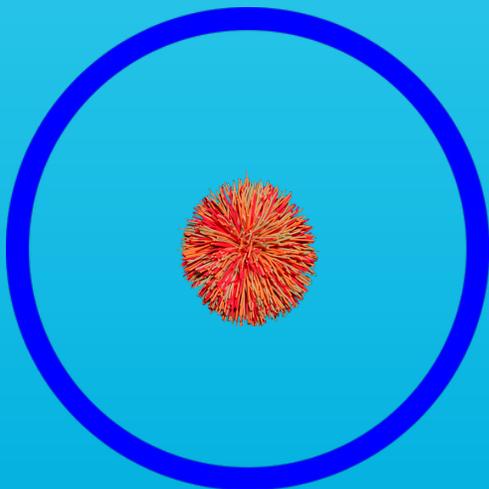
**Set-up:** No matter class size, you always want 2-4 students in line. The rest of the students are either standing at hoop on the Challengers side or on the Champions side.

**Game Play:** The Challengers start by tossing the beanbag or Koosh ball at the Champion's hoop trying to land it in. If they miss, the Champion throws at the Challenger's hoop. They continue to toss until someone gets it in. Whoever gets it in first is the winner – we call them the Champion. When a bean bag lands in a player's hoop, they must do two things:

1. Return the beanbag/Koosh ball to the poly spot (this tells the next player waiting in line that you are done and they can come and take your spot)
2. Travel around the outside of the playing area (follow the arrows on the diagram) to return to the line

As soon as the first person in line sees that there is a beanbag on a spot, they know that the lane is empty and they may leave the line and go play there. The object of the game is for the Challengers (people that start with the beanbag) to try and make it in the Champion's hoop and become the new Champion. If a Champion makes it in the Challenger's hoop, they stay in on the Champion's side and play the next Challenger.

**Note:** Stress the importance of returning the beanbag/Koosh ball to the spot so the people in line know where to play next. Also, remind the students to step with their opposite foot when tossing the beanbag. There is also NO blocking the hoop by standing in front of it or catching the beanbag before it hits the floor. Finally, if any part of the beanbag/Koosh ball is touching the floor inside the hoop, it counts!



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### Gym Set Up



Line Starts Here

Challenger's Side

Champion's Side

