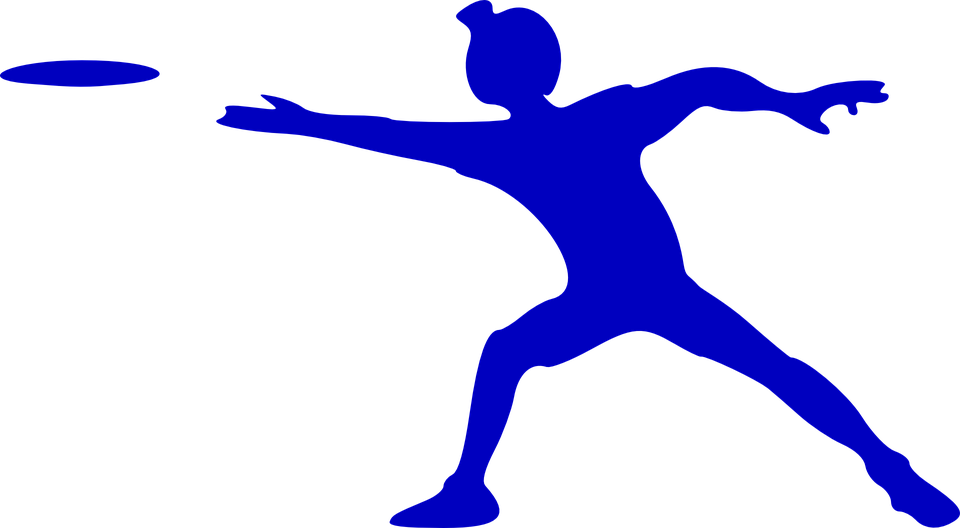
**PHYSICAL EDUCATION-LESSON #8**

**UNDERHAND TOSSING**

**KINDERGARTEN**



**Hi Kindergartners!**

**Today we will be under hand tossing. If you can find a softer ball or stuffed animal to toss that would be great. Please go outside in an open area with an adult to work on this skill. Here is how to do it:**

1. **Stand facing your target. Place ball in the hand that you write with.**
2. **Use “Tic Toc” motion – swing arm back**
3. **Swing arm forward**
4. **Release ball in front and follow through!!**

**Try to toss the object into a bucket or at a target or play catch with a family member. Make sure you have your hands up and pay attention if someone is tossing to you!! Have fun!**

**Please** [**CLICK here**](https://youtu.be/EMJIMHONg0E) **to watch a video that shows underhand tossing!**

**REMEMBER THESE 4 WORDS:**

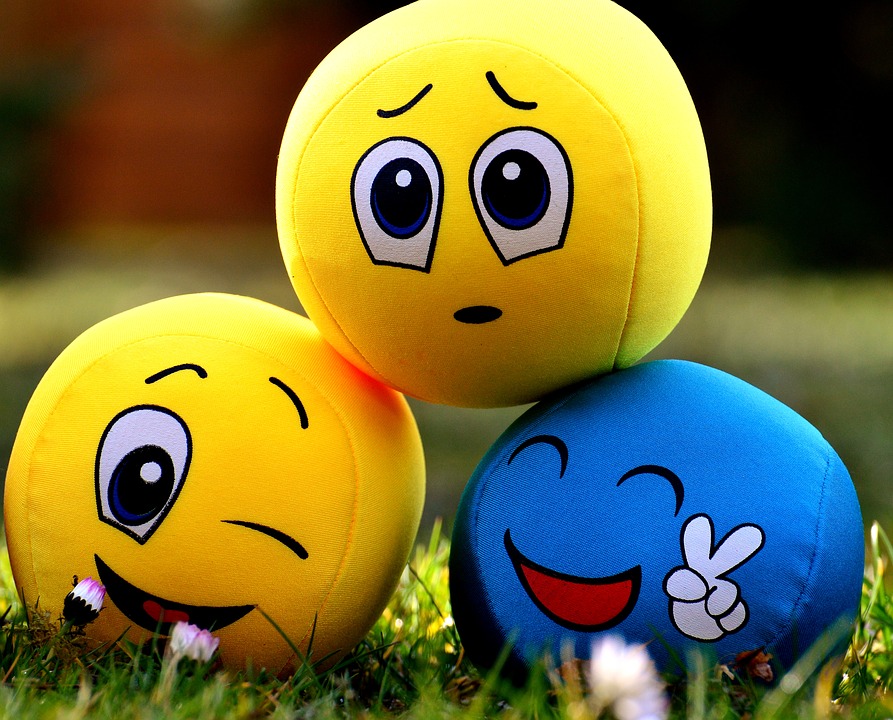
**TICK**

**TOCK**

**STEP**

**ROCK**

**Have fun! Please leave a message on DOJO or email us to let us know how you did! Mrs. Miller & Mr. Feiss 😊**



**Hi Everyone! Here is an extra challenge that Mr. Feiss put together if you would like to try it! Have Fun!**

<https://photos.app.goo.gl/sKLcbNZwnrUhPe5X6>