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Girl Scouts®
Where Girls Grow StrongSM

Fit&Fun *Throwing & Catching*

for girls Ages 8 – 11 or Junior Girl Scouts

2353 - 3/03



Fit&Fun Throwing & Catching for girls 8-11

Fit&Fun is a national recreational sports and fitness project aimed at providing girls 8-11, with the skills necessary to maximize their success in sports. By utilizing a variety of activities that focus on fair play, cooperation and skill progression, girls will be encouraged to participate in sports and to incorporate health and fitness activities into their lives.

Goals of Fit&Fun

- To enable girls to practice and become successful at a variety of sports and fitness skills in a fun, and supportive atmosphere.
- To help improve cardiovascular (heart and lungs) capacity through activities such as jump rope, tag, relay races, etc.
- To teach girls the importance of warm-ups, cool-downs and stretching.
- To reinforce the values of fair play and teamwork.
- To introduce the lifelong benefits of an overall fitness regime.

The Ten Skills that are covered are:

- | | |
|------------------------|----------------------------|
| 1. Jumping Rope | 6. Striking with a Racquet |
| 2. Fitness Fun | 7. Striking with a Stick |
| 3. Throwing & Catching | 8. Batting |
| 4. Kicking | 9. Dribbling and Passing |
| 5. Volleying | 10. Cooperative Games |

Each plan in Fit&Fun provides the instructor with 45-minute sessions focusing on a specific skill. The skills are taught in progression so the sessions should be used in order.

The instructor needs a copy of Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. By completing 5 sessions of Fit&Fun activities the girls will earn the Fit&Fun patch.

Fit&Fun activities can be used as part of troop meetings or other activity sessions. If this is the case it will take about 15 or 20 minutes to complete the Warm-Up, Cool-Down, Stretching and one to two activities.

Session 1: Throw & Catch Slide: A 45-minute session where the girls learn the basic throwing and catching techniques. They practice underhand and overhand throws and catching.

Session 2: Throw & Catch Challenge and Throw and Go: A 45-minute session where the girls improve their throwing strengths, accuracy and catching ability.

Session 3: Feed the Goal and Goofy Golf: A 45-minute session where the girls practice throwing for accuracy in two different games.

Session 4: Goofy Golf and Move the Target: A 45-minute session where the girls improve their throwing accuracy and increase their throwing power.

Session 5: Throwing and Catching Play Day: A 45-minute Play Day where the girls put the skills they have learned to use in three different games of their choosing.

This program provides support and reinforcement for the following Commonwealth of Virginia Standards of Learning.

Physical Education Standards of Learning

- 4.1 The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities.
 - a) Demonstrate proficiency in specialized locomotor, non-locomotor, and manipulative skill combinations in game and modified sports activities.
- 4.2 The student will understand and apply movement concepts and principles in complex motor skills.
 - a) Recall and demonstrate movement principles and concepts for selected motor patterns and combinations of skills.
 - b) Apply movement principles and concepts to basic game strategies.
- 4.4 The student will demonstrate positive interactions with others in cooperative and competitive physical activities.
 - a) Work productively and respectfully with others in achieving a common group goal.
- 4.5 The student will identify opportunities to participate in regular physical activity at home, at school, and in the community.
- 5.2 The student will understand and apply movement principles and concepts in complex movement activities.
 - b) Apply principles of accuracy, force, and follow-through when projecting objects.
- 5.6 The student will identify and participate regularly in physical activities based on personal abilities and interests.
- 6.4 The student will work independently and with others in physical activity settings.
 - c) Follow rules and safety procedures.
 - d) Use practice time to improve performance.
- 6.5 The student will identify and seek opportunities in the school, at home, and in the community for regular participation in physical activity.

Fit&Fun Throwing and Catching for Girls 8-11

Getting Started:

To lead the following Fit&Fun sessions the adult leader will need a copy of the Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. Sessions are planned referring to the activity cards by number. Each session is designed to last approximately 45 minutes including Warm-Ups, Cool-Downs and Stretches. Sessions can be adapted to the skill and progress of the group.

At the beginning of the Fit&Fun program the Information for Parents sheet on page 18 of the Adult Guide (and attached) should be copied and sent home to parents. Parents will need to complete a Girl/Adult Health History (#2072) for their daughters. Girls will need to bring this completed signed form to the first session.

The Fit&Fun Take-Home Activity Chart on page 17 of the Adult Guide (and attached) should be copied for each girl. She can take this home and keep a record of her Fit&Fun practice.

By participating in all the sessions and activities the girls will earn the Fit&Fun patch. These patches will need to be ordered for each girl before the last session. Allow 4 weeks for delivery. Patches are ordered from the Skyline Shop in Roanoke or Charlottesville.

Girls need to wear appropriate clothing and shoes for the activities that will be done. This information needs to be communicated to the girls before the first session.

Before beginning a session:

1. Review the activity cards for the session including a Warm-Up/Cool-Down card.
2. Allow 20 to 30 minutes for activities, the rest of the time will be spent in Warm-Ups, Cool-Downs and Stretches.
3. Review the activities and prepare the equipment and play area ahead of time.
4. Involve girls in the decision-making process whenever possible.
5. Complete cards in order within a skill set.
6. Adapt or modify activities when needed.
7. Encourage girls to focus on their own efforts and progress instead of on the abilities of others.
8. Give lots of encouragement and praise.

If the group has limited resources and does not have enough balls for each girl to have one for practice, balls can be made from used nylon hose. Used, clean party hose will need to be collected. Waste hose can also be ordered from Sara Lee Hosiery-L'eggs Products, P.O. Box 719, Marion, SC 29517. You will need 5 to 8 "legs" for each girl to make a softball size ball or larger.

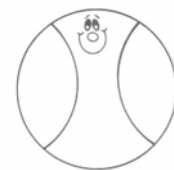
Materials Needed:

Girl/Adult Health History #2072 for each girl

Information for Parents- one copy per girl



Fit&Fun Take-Home Activity Chart – one copy per girl



Continued

Instructions for making all kinds of toys for games out of waste hose can be found in the book: Brite-Tite Book o' Fun – Creative Nylon Hose Play Games & Activities for All Ages! By Glenn Q. Bannerman, Beth B. Gunn, and Lee Ann B. Konopka. ISBN: 1-55945-497-0.

Session 1: Throw & Catch Slide

Getting Started:

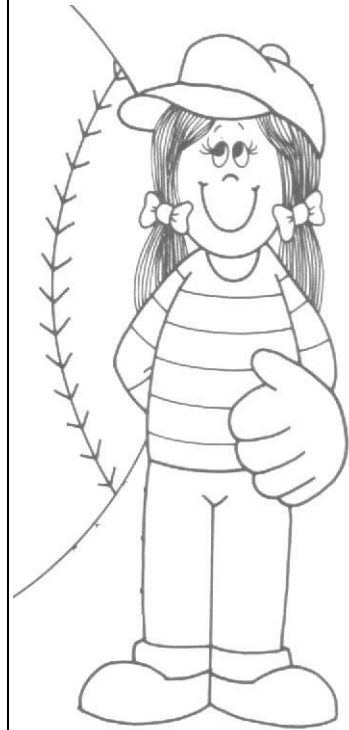
Review page 42-44 in the Fit&Fun book. You will need to be able to give the girls the instructions for each skill and the short cues. For the experienced girls you will move through these skills quickly. It is important that each girl understand the movements that are part of the throwing and catching skill. These actions will give girls a good basic start for any sport.

Check the girls clothing and shoes for appropriateness to the activity.

If you are going to be making balls to use, do this as the first activity so the girls can use the ball in this session and later sessions.

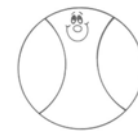
Activity:

1. Making throwing balls with used, clean panty hose.
2. Cut the panty off the panty hose at the thigh.
3. Give each girl 5 legs of hose
4. Have each girl bunch/ball 4 of the legs into a ball.
5. Stuff the bunch/ball into the toe of the 5th leg.
6. Tie an overhand knot close to the hose bunched/balled in the toe. Be sure the knot is tight and as close to the bunch/ball as possible.
7. Reach into the hose, grasp the bunch/ball, and pull it through, turning the hose inside out. Stretch the outer hose so it is taut, and mold the ball into shape with hands.
8. Grasp the hose close to the ball, and twist tightly to smooth the hose around the ball.
9. Tie an overhand knot firmly against the ball.
10. Repeat the previous three steps five times.
11. Cut off the excess hose to make a ball.
12. Use balls for the following activity.



Materials Needed:

5 to 8 panty hose legs for each girl
scissors to share



Continued

Warm-Up: To warm up review throwing and catching skills on Skill Set 3 Card 1, Card 2 and Card 3 (pages 42-44). Take the skills one step at a time giving the girls a chance to practice each one.

Stretch: Stretch Card v: Stretches: Upper back, chest, neck, back of upper arm and shoulder.

- Teach the girls how to stretch using the instructions for each stretch on stretch card v. By the end of the sessions the girls should be able to tell you how they use the muscles they are stretching when throwing and catching. The girls should also be able to lead the stretches at each session.

Activity: Throw & Catch Slide Skill Set 3 Card 4

1. Follow the directions on page 45 for this activity.
2. Encourage the girls to practice for accuracy and correct throwing and catching techniques.
3. If throws get sloppy, slow the drill down and focus on accuracy.

Cool-Down: Slowly jog or walk around play area.

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm up, cool down and stretch. The girls can take the balls they made from home with them and agree to bring them back to the next session.

Session 2: Throw & Catch Challenge and Throw and Go.

Getting Started:

In this session you will be working on improving throwing strength, accuracy and catching ability as well as reinforcing the skills of throwing and catching while moving.

Review the activities on Skill Set 3 Card 5 and Card 6. Gather the materials needed and plan how to divide the girls into partners and into teams.

One ball per girl for throwing and catching. These can be Koosh® balls, yarn balls, beanbags, tennis balls, or playground balls.

Tape or Chalk (to mark lines 10' – 15' apart).



Group Practice Chart and marker

Fit&Fun Take Home Activity Chart

Materials Needed:

Large play space with high ceiling (if indoors)

40' x 40' play area

Throwing objects: Koosh® balls, beanbags, tennis balls, playground balls or the home made nylon hose balls.

Tape or chalk (to mark lines)

Continued

Activities:

Warm-Up: Skill Set 3 Card 4: Throw & Catch Slide.

Before doing this warm up do a quick review of the techniques for throwing overhand and underhand and catching.

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Ask the girls to lead the stretches. You will need to remind them of how to do the stretches and what muscles they are stretching.

Activities:

1. Skill Set 3 Card 5: Throw & Catch Challenge page 46. Complete this activity following the directions on the card.
2. Skill Set 3 Card 6: Throw & Go page 47. Complete this activity following the directions on the card. For this activity the girls will need to be divided into two teams of 5 or six girls. If you have more than 10 or 12 girls they will need to take turns. Before you introduce this activity know how you are going to form the teams and how the rotation will go if you have more than 10 or 12 girls.

Cool-Down: Slowly jog or walk around the play area.

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm up, cool down and stretch.

Session 3: Feed the Goal and Goofy Golf

Getting Started:

For this session the girls will be practicing throwing for accuracy and trying to improve their throwing accuracy.

You will be dividing the group into two teams. Make sure the division is fair and different from the session before.

Warm-Up: Use Skill Set 3, Card 4 Throw & Catch Slide as the warm up activity.

2 large clean trash cans or laundry baskets (to serve as goals)

4 cones or plastic bottles (to define boundaries)

Bouncy ball (6" – 7"), a large Koosh® ball, beanbag or beeper ball.



Practice Chart and marker

Materials Needed:

Large play space with high ceiling (if indoors)

40' x 40' play area

Throwing objects:

Koosh® balls, beanbags, tennis balls, playground balls or the home made nylon hose balls.

Continued

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them throwing and catching.

Activities:

1. Skill Set 3, Card 7 page 48, Feed the Goal. Have the girls help you set up the playing area. The playing area needs to be defined and then divided in half with a chalk line or tape. With one large trash can or laundry basket at each end of the area as pictured on page 48.
2. Divide the girls into two teams. Explain the game and play.
3. If you see the girls are having trouble getting the balls into the baskets/cans, review the throwing techniques from Skill Set 3, Cards 1 and 3. Then continue on with the game.
4. Have the teams play the best 2 out of 3 games.
5. Skill set 3, Card 8 page 49, Goofy Golf. Have the girls help you set up the Goofy Golf Course according to the instructions on the card.
6. After everyone has had a chance to play see what the scores are. The challenge will be to lower the scores next session.

Cool-Down: Slowly jog or walk around the play area.

Stretch: Stretch Card v: Stretches: Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have one of the girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm up, cool down and stretch.

Session 4: Goofy Golf and Move the Target

Warm-Up: Use Skill Set 3, Card 4 Throw & Catch Slide as the warm up activity.

For Feed the Goal you will need 20 to 30 soft balls.

Tape or chalk (to mark lines)

2 large clean trash cans or laundry baskets (to serve as goals)

Several buckets or containers.

Pencil and paper for each girl



Practice Chart and marker

Materials Needed:

Large play space with high ceiling (if indoors)

Continued

<p><u>Stretch:</u> Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them throwing and catching.</p> <p><u>Activities:</u></p> <ol style="list-style-type: none"> 1. Skill Set 3, Card 8, page 49 Goofy Golf. Have the girls set up the Goofy Golf Course. They can make up their own set-up based on what they remember from the last session. Buckets need to be about 10'-15' apart. 2. Have each girl play a round of goofy golf, keeping score. Ask at the end of the round if her score was better than last session? 3. If the girls would like to they can play another round. 4. Skill Set 3, Card 9, page 50, Move the Target. Have the girls help you set up the play area. Divide the girls into two teams, different from the session before. Explain the rules of the game and let them play according to the directions on the card. If modifications are needed use the suggestions on the card. <p><u>Cool-Down:</u> Slowly jog or walk around the play area.</p> <p><u>Stretch:</u> Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have girls lead the stretches.</p> <p>Record the group practice time on the group chart.</p> <p>Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always warm up, cool down and stretch.</p> <p>Before the girls leave this session tell them about the 5th and final session. That session will be the T&C (Throwing and Catching) Play Day. The girls will choose the games they want to play. They can choose 3 different ones to play of the ones that have been played in the previous sessions. Have the girls vote on which of these games they want to play:</p> <p>Throw & Catch Challenge, Throw & Go, Feed the Goal, Goofy Golf, Move the Target.</p> <p>You will bring the equipment for the three games they choose, they will do the set up and then the T&C Play Day will begin.</p>	<p>40' x 40' play area</p> <p>Throwing objects: Koosh® balls, beanbags, tennis balls, playground balls or the home made nylon hose balls. (1 per girl)</p> <p>Tape or chalk (to mark lines)</p> <p>Several buckets or containers (6 to 8)</p> <p>Pencil and paper for each girl</p> <p>2 large cardboard boxes that have lids or can be closed</p> <div data-bbox="1198 961 1328 1087" data-label="Image"> </div> <p>Practice Chart and marker</p> <div data-bbox="1177 1417 1383 1717" data-label="Image"> </div> <p style="text-align: right;">Continued</p>
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If it is appropriate you may want the girls to bring drinks and a snack for this event. Each girl can bring something for herself or the group can vote on what they would like to have and ask each girl to bring some of whatever is decided.

Session 5: Throwing and Catching Play Day

Getting Started:

For this Play Day you will need the equipment for the three games the girls chose at the end of the last session.

You may want to make simple T&C Play Day ribbons or buttons so that everyone can have one.

At the end of this Play Day you will present the girls with the Fit&Fun patch. This can be stapled to a length of ribbon that can be put around each girl's neck (like Olympic medals) at the end of the Play Day.

Warm Up: Have the girls easily throw and catch balls.

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have girls lead the stretches.

Activities:

T&C Play Day: Play the games the girls have selected.

Cool-Down: Slowly jog or walk around the play area.

Stretch: Stretch Card v: Stretches: upper back, chest, neck, back of upper arm and shoulder. Have girls lead the stretches.

Record the group practice time on the group chart.

Present each girl with her Fit&Fun patch for participating in this T&C Play Day and all the activities that lead up to it.

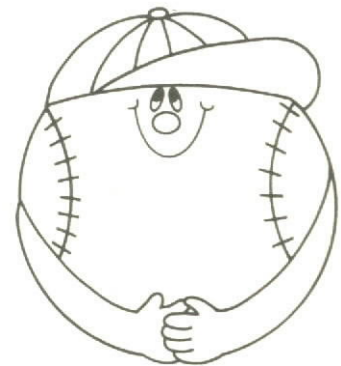
Have the snack that the girls planned.

Materials Needed:

Whatever materials are needed for the games the girls chose.

Fit&Fun patches for each girl

Napkins, cups, etc. if a snack is planned.



information for parents and guardians

What is Fit&Fun?

Fit&Fun is an exciting sports and fitness project for girls ages 8 to 11. Its primary Goals are to boost interest and participation in sports and encourage girls to Develop beneficial lifelong health and fitness habits.

Why should girls develop basic sports and fitness skills?

The President's Council on Physical Fitness and Sports study found that by Exercising and taking part in sports, girls can:

- enhance their physical and mental health;
- build greater bone mass;
- maintain proper weight;
- improve their school performance;
- increase their self-esteem and self-image;
- build greater bone mass, reducing the risk of osteoporosis as adults;
- reduce the risk for obesity;
- enhance their physical and mental health;
- have more positive feelings about their bodies;
- improve self-esteem;
- reduce anxiety and depression;
- improve grades and performance on standardized tests;
- increase the likelihood of attending college (in comparison to non-athletic counterparts).

Information provided by: *Physical Activity and Health: A Report of the Surgeon General (1996)*, and *Physical Activity and Sport in the Lives of Girls (1997)*, *The President's Council on Physical Fitness and Sports*.

What can you do at home?

Follow these tips to help your daughter succeed:

- 1) Be sure she uses equipment suitable for her age, ability and size.
- 2) Show interest in her sports and fitness activities and encourage her to practice on her own, with siblings or friends, and with you.
- 3) Volunteer to help with the **Fit&Fun** activities at her troop/group meetings.
- 4) Encourage your daughter to participate in sports and fitness activities in your community, but avoid pushing her into organized, competitive sports until she is ready.
- 5) Do **Fit&Fun** activities with your daughter or other activities together such as hopscotch, tag, and hide and go seek. Play catch, shoot hoops or bowl. Make up your own games – the important thing is to get moving and have fun!

PROGRAM LIFESAVERS EVALUATION

(Must be completed by Adult responsible for implementing the Program Lifesaver)

Name of Adult In Charge of Implementation: _____

Phone Day: () _____ Phone Evening: () _____ E-mail: _____

Name of Group: _____ Troop / Group #: _____ Service Unit: _____

Dates used: ___/___/___ to ___/___/___ Place Used: _____

Name of Program Lifesaver Used: _____

Number of participants by Program Level:

_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Adult

Was this Program Lifesaver easy to use? ___ yes ___no Explain:

Was it appropriate for your group's age level? ___ yes ___no Explain:

Did the activity sessions take the amount of time indicated? ___ yes ___ no Explain:

Would you recommend this Program Lifesaver to others? ___ yes ___no Explain:

What activities did the girls like best?

Girl comments about the program:

Adult comments about the program:

Please complete & return this form to: AED for Program; Girl Scouts of Virginia Skyline Council; P. O. Box 3000 Salem, VA 24153.