

SCHOOLYARD LEARNING

Nature Name Toss

GRADES: 1-8 PRIMARY/JUNIOR/INTERMEDIATE - HEALTH AND PHYSICAL EDUCATION

LEARNING SKILLS AND WORK HABITS: Teamwork, Cooperation, Classroom Community, Equity & Inclusion

MATERIALS: A stopwatch or wristwatch. A beanbag, rubber chicken or other 'tossable'. Avoid balls that bounce or roll. For added fun, bring a backpack with an assortment of stuffies and random toss-ables to introduce later on in the game.

ACTIVITY:

1. This activity works as a good follow up to "Nature Name Game" or "Nature Name Noodle" above.
2. Stand in a medium-sized circle so that most students can toss the object underhand to other students. Review everyone's nature names.
3. The teacher calls out a student's nature name and tosses the object to that person. Invite that student to choose someone else to toss to and memorize that person. Ask the class to throw in such a way that each person has it once.
4. Remind students to call out the nature name and make eye contact before tossing. Ensure that each student gets it once, ending with the teacher.
5. Practice tossing in this same pattern once or twice, reminding students to throw to the same person as before.
6. Begin timing the toss-pattern. Challenge the class to achieve its best time.

TEACHER PROMPTS: This is a cooperative challenge in which students practice self-regulation to make calm underhand tosses. Remind students to throw in a way that is easy to catch. Emphasize the importance of making eye contact and calling out the nature name before each throw.

ACTIVITY OPTIONS: This game becomes more fun with multiple toss-ables. Try:

- Two, three or five different objects in succession.
- One object moving forwards through the pattern and a different object moving backwards. To do this, practice the reverse pattern by asking students to 'throw to the person who used to throw to you.' Then put backwards and forwards together.

