

THROWING

Outcome: *I can identify activities that might be challenging for me.*

During the throwing portion of the lesson use prompts and questions such as these. These can be used for the whole class or asked individually as you circulate during practice time.

1. What does it mean if something is easy?
2. What if something is hard?
3. What are activities that are hard or challenging for you?
4. Is everyone good at everything? The secret is to keep trying, especially when a skill is challenging.