**Bottle Bash (Lead-up skills and drills)**

**Grade Level:** K-6

**Skills:** Throwing and catching

**Objective:** **Standard 5.MEH.1:** Practice a variety of stress management techniques.

**Equipment:** Frisbees for 2 of your class to throw back and forth.

**Organization:** Students will face each other in a two-line formation.

**Activity:** You will instruct the students how to properly throw a Frisbee. They will then throw the Frisbee to each other. Focus upon the release as well as the catch. The Frisbee is brought towards the opposite hip and the wrist is cocked, the Frisbee is released when your hand is pointing at your target and your partner watches it in and catches it with both hands. You may have them take a step backwards after each successful catch and throw. Focus upon accuracy.

**Closure:** Show me how to throw a Frisbee breaking it down into the part method.

**Health:** What is stress?

Is stress completely bad for us? Why or why not? Can we eliminate all stress in our lives?

How do you manage your stress? Discuss how you can reduce stress with an elbow partner.

**Piloted at:** Parkside