

All Types of Catching

Age:	3-8 Year olds
Participants:	1+
Time:	10 Minutes
Equipment:	Large bouncy balls, beanbags, markers, small balls, soft foam balls

Skill(s):



Catching

Set Up:

- Spread the markers out in your designated area
- Have different balls and beanbags ready in separate buckets/bags



Description:

Each player starts on a marker with a bouncy ball each. They see how many bounce and catches they can do in a row.

- Sitting down each child gets a beanbag and sees how many times they can throw in air and catch it.
- Standing each child gets a scarf beanbag and sees how many times they can catch it.
- Standing each child gets a normal beanbag and tries to catch it after dropping it off their head.
- Standing each child gets a soft foam ball and tries to throw it up and catch it.
- Standing each child moves ball around their waist 5 times, around their head 5 times and a figure of eight through their legs 5 times

Ask children questions: What object is easier to catch? What is the hardest? Which parts of your body do you catch with? Where do you look when you are catching?

Variations:

- Depending on the skill level of your group start very easy by rolling ball in partners between each other, this encourages tracking of the ball
- Change shapes and sizes of ball
- Add more difficult challenges – throw in air, turn around and catch ball, throw in air clap hands and catch ball
- Can turn it into a game by playing 'Simon Says'

Teaching Points:

- Watch the ball
- Soft fingers, big hands
- Thumbs together and up (butterfly hands) for balls above waist and fingers pointing down (wiggly worms) for balls below waist
- Reach out for the ball and catch with two hands

