

Catch Tag

Age:	3-8 Year olds
Participants:	6+
Time:	5 Minutes
Equipment:	Beanbags or tennis balls (enough for 1 per child), cones

Skill(s):



Catching



Running



Dodging

Set Up:

- Mark out the designated area (approx. 5m x 5m) with cones
- All children start with a ball or beanbag
- Choose two taggers



Description:

Taggers chase children and try and tag them. If tagged the students throw their ball in the air and catch it three times. When throws are completed children are free to run again.

Variations:

- Use beanbags to make it easier to catch or tennis balls to make it harder
- Use a larger area
- Change the number of taggers
- Change the number of throws and catches to do when tagged
- Make it harder by having to stand on one leg and throw and catch when tagged

Teaching Points:

Catching

- 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

