

Throwing and Catching

Safety

- **You must check with an adult that you have permission to complete this activity before you begin and have an adult supervise you.**
- Make sure you have a safe space: free from obstacles or anything you could hurt yourself on. If there are things that you feel your space is not suitable for then don't do it.

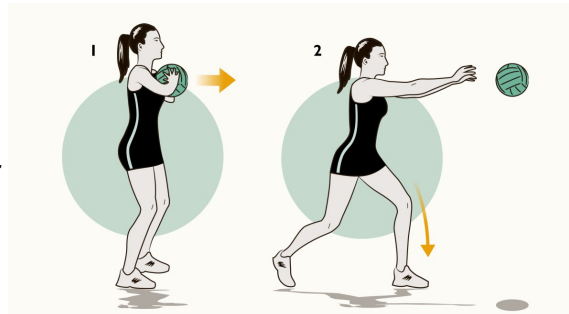
Activity 1

Equipment

- **A tied-up pillowcase filled with socks (or if it's safe, a larger ball such as a football).**

Start by practicing throwing a larger object (such as the pillowcase). Hold the object with two hands and use a pushing technique to throw it into the air above you before catching it again. If you have a partner, stand opposite them and practise throwing and catching with them. Keep your eyes on the ball and have your hands in front of you, facing upwards with your thumbs together, ready to catch.

Make it harder? Catch to the side of your body; move further apart/throw the ball higher; clap before each catch.



Use a pushing technique to pass your ball.

When catching, have your hands in front of you facing upwards; have your thumbs together.



Activity 2

Equipment

- **A rolled up pair of socks (or if it's safe, and you have it, a smaller ball like a tennis ball).**

This time we will practise catching a smaller object. Instead of having your hands facing upwards, bring your little fingers round and make a nest. This will make it easier to catch. As you catch the ball, bring it toward your chest. If you have a partner, practise catching with them. If not, throw the ball up to yourself.

Make it harder? Catch to the side of your body; move further apart/throw the ball higher; clap before each catch.; challenge yourself to see how many claps you can do.



Make a nest with your hands.



Bring your hands to your chest.

Reflection

- What sports require you to catch with a small ball?
- What sports require you to catch larger balls?
- What everyday activities require hand-to-eye coordination?
- Can you think of other ways to make the catching more challenging?
- Which technique did you find easiest and why?

Match play

Once you've mastered the techniques, have a go at catch tennis with a partner. Use an object, such as a jumper, for a net and throw the ball to each other. If your partner drops it, you win a point.