



Catching 2.2: Triangle toss and catch

5 - 8 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Today we are going to practice how to catch.

Can you think of sports or games where you have to catch?

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: hoops, ropes, foam blocks, music, bean bags, variety of small lightweight balls suitable for small hands

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: Obstacle course (5 - 8 minutes)

- Leader arranges a variety of equipment (e.g. ropes, hoops, foam blocks, bean bags) around activity space.
- Leader explains: *When the music plays, you have to move around the activity space.*
- *When you come to the hoops, I want you to jump in and out with two feet. When you come to the foam blocks, I want you to hop over with one foot.*
- For safety, remind children they should not step or jump on any of the equipment.
- Leader can suggest different locomotor skills (run, skip, gallop) to move around activity space.

Demonstration: Catching (2 - 3 minutes)

- Leader chooses one child to help demonstrate catching.
- Leader and helper stand about 2-3 metres apart from each other and throw and catch a ball.
- Leader reminds the children of the following tips:
 - » *Keep your eyes on the ball until it arrives in your hands.*
 - » *Get your body behind the ball (i.e. in front of its flight path).*
 - » *If you see the ball passing to one side, move your whole body to the side. Don't just reach your arms to the side.*
 - » *If the ball is arriving above your belly button, your palms face forward and your fingers point up, and your two thumbs point toward each other (triangle).*
 - » *If the ball is arriving below your belly button, your palms face forward and your fingers point down, and your two pinky fingers are close together (bowl).*
 - » *As you receive the ball with your hands, you should bend your arms and bring the ball in towards your body.*

Practice: Triangle toss and catch (5 - 8 minutes)

- Leader divides children into groups of three.
- Children spread out around activity space and form a triangle with their group.
- Each group has a ball.
- Children begin by tossing the ball clockwise and practicing their catching.
- Leader can suggest the following:
 - » *Change the direction (i.e. counterclockwise).*
 - » *Toss to either partner.*
 - » *Toss and catch below the waist.*
 - » *Toss and catch above the waist.*
 - » *Toss with your other hand.*

Game: Hot potato tag (8 - 10 minutes)

- Leader divides children into pairs.
- Each pair has either a ball or a bean bag.
- Leader explains: *When I yell “cold potato”, partners throw to each other.*
- *When I yell “hot potato”, whoever has the ball (or is about to catch the ball) must toss it in the air to themselves 3 times.*
- *When you finish tossing to yourself, you must run to try to tag your partner.*
- *When I yell “cold potato” again, start tossing and catching with your partners again.*

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

Who can show me what your hands look like when you are catching a ball below the belly button? Above the belly button?

TIPS FOR INSTRUCTION

- Time and practice is needed to develop the skill of catching.
- At this age, the ball will touch the ground many times.
- Praise children if they use even one key element of catching (see Cues).

CUES

- *Eyes on ball*
- *Get “behind the ball”*
- *Hands together (triangle or bowl)*
- *Bring ball to body*

TIPS FOR INSTRUCTION

- Tell children to switch partners after 2 or 3 rounds.
- Remind children of their “space bubble” and to look up when they are running.