



Catching 2.4: Catch and pass

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.

Why is it important to “get behind the ball” when you are catching?

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: badminton nets or gym mats, variety of small lightweight balls suitable for small hands

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Warm-up: Colour tag (5 - 8 minutes)

- Leader divides children into 4 equal groups.
- Each group is wearing a different colour pinnie.
- Leader will call out a colour that will be “it” and a locomotor movement (walk, run, gallop, skip).
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged they must freeze in a “star” position.
- To rejoin the game, another team member must “high-five” the star and then crawl under the star’s legs.
- Leader changes what colour is “it” every 2 minutes.

Demonstration: Catching (2 - 3 minutes)

- Leader demonstrates the elements of catching by throwing a ball against a wall and catching it.
- Leader should demonstrate throwing the ball at different heights against the wall.
- While demonstrating, leader reminds the children:
 - » 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: Partner catch (5 - 8 minutes)

- Children spread out around perimeter of activity space facing the wall.
- Each child has a ball.
- Children practice throwing the ball against the wall and then catching it.
- After 2-3 minutes, leader places children in pairs with one ball.
- One child throws the ball against the wall and the partner tries to catch it.
- The partner then throws the ball for the first child to catch.
- Leader can challenge children in different ways:
 - » *Can you do this 5 times without the ball touching the ground?*
 - » *How many times can you throw and catch the ball in 30 seconds?*

Game: Catch and pass (10 - 12 minutes)

- Leader sets up badminton nets.
- If badminton nets are not available, gym mats can be used as an obstacle to throw over.
- Leader divides children into two teams. Leader explains:
 - *One team throws the ball over the net and the other team must catch it.*
 - *The child who catches the ball then throws it to one of their teammates.*
 - *Continue throwing to each other until everyone on your team has caught the ball.*
 - *The last teammate then throws the ball back over the net.*

Wrap-up (2 minutes)

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

Can you think of any games that are similar to the game “Catch and pass”?

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

- Teams should have no more than 3 or 4 children.