

## Catching 3.2: Catch it

8 - 12 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 name a sport where you would have to know how to catch?*

### 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.
- Every 1-2 minutes, leader can suggest different locomotor skills (run, skip, gallop) to move around activity space.

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** hoops, ropes, foam blocks, balls, music, cones

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

## Demonstration: Catching (2 - 3 minutes)

- Leader chooses one child to help demonstrate catching.
- Leader and helper stand 4-5 metres apart from each other and throw and catch a ball.
- 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: 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 practice 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.*
  - » *Take a step back to increase the distance between partners.*
  - » *Speed up the rate of passing (e.g. as soon as you catch the ball, toss it to a partner).*

## TIPS FOR INSTRUCTION

- Time and practice is needed to develop the skill of catching.
- Praise children for what they are doing well.
- Remind children of the cues.

## CUES

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

## Game: Catch it (10 minutes)

- Leader divides group into teams of 3-4 children.
- Leader pairs teams to play against each other.
- Using cones, leader marks a rectangular “zone” for each team measuring approximately 4x5 metres.
- Each team must stay in their own zone.
- Zones can be 5-10 metres apart depending on available space and skill levels.
- One team throws the ball to the other team’s zone in an attempt to hit the floor or ground in their opponent’s zone.
- If the ball hits the ground, the throwing team scores a point.
- If the receiving team catches the ball, they score a point.
- If the ball is thrown outside of the receiving team’s zone, the receiving team scores a point.
- To make the game more challenging, a second ball can be added.

## 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.
- Praise children for what they are doing well.
- Remind children of the cues.

## CUES

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

## CUES

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