

Catching 3.1: Catching and throwing balls review

8 - 12 year olds

Introduction (1 minute)

Greet the children and invite them to sit quietly in a semi-circle.

Can anyone name some sports or games where throwing and catching is important?

Explain that today they will review how to throw and catch better.

Explain any special safety rules for this lesson.

Demonstration: Catching (2 - 3 minutes)

- Demonstrate the elements of catching.
- Keep your eyes on the object until it arrives in your hands.
- Get your body behind the object (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 out to the side.
- If the object is arriving above your waist, your palms face forward, your fingers point up, and your two thumbs should be touching.
- If the object is arriving below your waist, your palms face forward, your fingers point down, and your two pinky fingers should be touching.
- As you receive the object with your hands, you should bend your arms and bring the object in towards your body.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Balls of different sizes and shapes to explore catching

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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Practice: Partner throw and catch (8 -10 minutes)

- Children are grouped in pairs.
- Children gently throw underhand or overhand to each other.
- Children should throw the ball gently enough that their partner can catch it.
- Ask children to explore different ways to catch (change balls if you wish):
 - » *catch with two hands.*
 - » *let the ball bounce before catching it.*
 - » *toss the ball at different heights or aim for a target on the wall.*
 - » *catch the ball with one hand, and then catch with the other.*

Activity 1: Throw and catch in a circle (5 minutes)

- 5-8 children stand in a circle.
- One child starts with the ball.
- Child throws the ball to anyone except the child next to them.
- The thrower then runs round the circle to the catcher's position, while the catcher throws and runs.

Activity 2: Catchers against runners (5 minutes)

- 5-8 children stand in a circle.
- The child with the ball throws it to one of the adjacent players, and then runs around the circle back to their place.
- Meanwhile, the other children throw the ball between them and count how many catches they can make before the runner gets back.
- If the first pass from the runner is dropped, the runner starts again.

TIPS FOR INSTRUCTION

- The focus of this lesson is catching, but the leader can provide throwing cues as well (see Throwing 3.1).
- Praise children for using the key elements of catching (see Cues).

CUES

- *Eyes on the ball*
- *Get "behind the ball"*
- *Hands together (pinkies or thumbs touch)*
- *Bring to body*

Activity 3: Your ball (5 minutes)

- 5-8 children stand in a circle.
- One child starts in the middle of the circle with the ball.
- Child with the ball throws it straight up and calls another player's name.
- The player named moves quickly into the middle of the circle to catch the ball.
- The thrower takes the named player's position in the outer circle.
- The named player throws the ball straight up again and names another player to catch.
- Play continues.

Wrap-up (2 minutes)

Ask all the children to help you put the balls away calmly.

Tell the children what they did well in the lesson today.

Remind them how their catching skills will be “handy” in life.