



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Object Manipulation 1.4: Basic Catch

3 - 5 year olds

TIME: 30 minutes

SKILLS: Throw, catch, jump, strike

EQUIPMENT: Inflated balloons, hula hoops, bean bags, foam balls, badminton birds, rubber chickens, small foam blocks, tennis balls, large inflated bouncy balls.

Introduction (2 - 3 minutes)

Gather the children in the activity area and sit down in a circle.

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

Explain any special safety rules for the session.

Warm-up: Balloon Catch (4 - 5 minutes)

- Show the children different ways to throw and strike an inflated balloon and then catch it:
 - » Toss your balloon upwards in front of your face or chest, and then catch it in your hands as it comes down (hands shaped like a bowl).
 - » Strike your balloon lightly upwards with your fingertips, putting it above your head, and then catch it in your hands as it comes down.
- Ask the children spread out so they have space (safety).
- Give each child an inflated balloon, and then ask them to play catch with their own balloon (throwing it, striking it, etc.)

TIPS FOR INSTRUCTION

- Move among the children and offer tips and encouragement, and ensure that they understand the challenge and what to do.
- If some children need more challenge, ask them to try jumping and catching their balloon higher in the air.

Activity 1: Hoop Catch (8 - 10 minutes)

- Place hula hoops on the floor around activity space (one hula hoop per child).
- Place a foam ball, bean bag, small foam block, balloon, badminton bird, rubber chicken, etc. in each hoop.
- Ask each child to find a hoop, pick up the object, and practice throwing and catching it by themselves.
- After one minute, ask the children to put their object back in the hoop.
- Ask them to move to a new hoop, pick up the new object, and practice throwing and catching by themselves again.
- Continue until each child has had the opportunity to practice catching at least 5-6 different objects.

TIPS FOR INSTRUCTION

- Move among the children and offer tips and encouragement, and ensure that they understand the challenge and what to do.
- If some children need more challenge, ask them to try jumping and catching their balloon higher in the air.

Activity 2: Catch a Bouncing Ball (8 - 10 minutes)

- Show the children how to drop and catch a large inflated bouncy ball.
- Give each child a large inflated bouncy ball (or similar balls for size, weight, and bounce) and ask them to drop and catch their balls.
- After the children have practiced with the large balls, give them tennis balls (or similar balls for size, weight, and bounce) and ask them to practice dropping and catching again.
- If the children appear comfortable dropping and catching their balls, challenge them to bounce their balls more vigorously and catch them at greater heights.

TIPS FOR INSTRUCTION

- Create a new challenge by asking the children to follow you as you walk around the activity space—bouncing, catching, and moving.

Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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