



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

**CURRICULAR COMPETENCY & OUTCOME:**

Students develop and demonstrate movement skills in a variety of activities.

## 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.

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.