



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Catching 2.1: Trick catch

5 - 8 year olds

TIME: 30 minutes

SKILL: Object Manipulation

EQUIPMENT: Soft balls of different sizes (foam, rubber, inflated)

Introduction (1 - 2 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Knowing how to catch will help them enjoy different activities.

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 the 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.

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

- Repeat the warm-up activity with children grouped in pairs.
- Children can use a wall or simply toss the ball to each other.

TIPS FOR INSTRUCTION

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

Game: Trick catch (8 - 10 minutes)

- Children organized in pairs, and every child has a ball.
- Partner 1 tosses the ball up in the air and does a trick before catching (e.g. clapping hands).
- Partner 2 tries to do Partner 1's trick.
- Next, Partner 2 does a trick that Partner 1 has to imitate.
- Leader signals for children to find a new partner and start again.
- Extra fun: Leader can do a trick and ask all children to imitate it, or leader can pick a child to do a trick for the entire group to imitate.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

When you reach out to catch an object, what things do you need to remember to do?