



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Catching 2.2: Hot potato tag

5 - 8 year olds

TIME: 30 minutes

SKILL: Object Manipulation

EQUIPMENT: Hoops, ropes, foam blocks, music, bean bags, variety of small lightweight balls suitable for small hands

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).

Today we are going to practice how to catch.

Can you think of sports or games where you have 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.
- Leader can suggest different locomotor skills (run, skip, gallop) to move around activity space.

Demonstration: Catching (2 - 3 minutes)

- Leader chooses one child to help demonstrate catching.
- Leader and helper stand about 2-3 metres apart from each other and throw and catch a ball.
- Leader reminds the children of the following tips:
 - » *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 practicing their 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.*

TIPS FOR INSTRUCTION

- Time and practice is needed to develop the skill of catching.
- 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 ball*
- *Get “behind the ball”*
- *Hands together (triangle or bowl)*
- *Bring ball to body*

Game: Hot potato tag (8 - 10 minutes)

- Leader divides children into pairs.
- Each pair has either a ball or a bean bag.
- Leader explains: *When I yell “cold potato”, partners throw to each other.*
- *When I yell “hot potato”, whoever has the ball (or is about to catch the ball) must toss it in the air to themselves 3 times.*
- *When you finish tossing to yourself, you must run to try to tag your partner.*
- *When I yell “cold potato” again, start tossing and catching with your partners again*

TIPS FOR INSTRUCTION

- Tell children to switch partners after 2 or 3 rounds.
- Remind children of their “space bubble” and to look up when they are running.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Who can show me what your hands look like when you are catching a ball below the belly button?

Who can show me what your hands look like when you are catching a ball above the belly button?