



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

CURRICULAR COMPETENCY & OUTCOME:

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

Catching 2.4: Catch and pass

5 - 8 year olds

TIME: 30 minutes

SKILL: Object Manipulation

EQUIPMENT: Badminton nets or gym mats, 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).

Why is it important to "get behind the ball" when you are catching?

Warm-up: Colour tag (5 - 8 minutes)

- Leader divides children into 4 equal groups.
- Each group is wearing a different colour pinnie.
- Leader will call out a colour that will be “it” and a locomotor movement (walk, run, gallop, skip).
- The team that is “it” tries to tag members of the other teams.
- When a child is tagged they must freeze in a “star” position.
- To rejoin the game, another team member must “high-five” the star and then crawl under the star’s legs.
- Leader changes what colour is “it” every 2 minutes.

Demonstration: Catching (2 - 3 minutes)

- Leader demonstrates the elements of catching by throwing a ball against a wall and catching it.
- Leader should demonstrate throwing the ball at different heights against the wall.
- While demonstrating, leader reminds the children:
 - » 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: Partner catch (5 - 8 minutes)

- Children spread out around perimeter of activity space facing the wall.
- Each child has a ball.
- Children practice throwing the ball against the wall and then catching it.
- After 2-3 minutes, leader places children in pairs with one ball.
- One child throws the ball against the wall and the partner tries to catch it.
- The partner then throws the ball for the first child to catch.
- Leader can challenge children in different ways:
 - » *Can you do this 5 times without the ball touching the ground?*
 - » *How many times can you throw and catch the ball in 30 seconds?*

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: Catch and pass (10 - 12 minutes)

- Leader sets up badminton nets.
- If badminton nets are not available, gym mats can be used as an obstacle to throw over.
- Leader divides children into two teams. Leader explains:
- *One team throws the ball over the net and the other team must catch it.*
- *The child who catches the ball then throws it to one of their teammates.*
- *Continue throwing to each other until everyone on your team has caught the ball.*
- *The last teammate then throws the ball back over the net.*

TIPS FOR INSTRUCTION

- Teams should have no more than 3 or 4 children.

Wrap-up (1 - 2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Can you think of any games that are similar to the game “Catch and pass”?