



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Object Manipulation 1.5: Underhand catch

3 - 5 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: Small foam balls,
beanbags, various equipment

Introduction (2 - 3 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 will learn how to catch a ball. Do you know games where you catch a ball? .

Activity 1: Hoop catch (5 minutes)

- Leader spreads one hula hoop per child around activity space.
- Using as many different types of equipment as possible (e.g. various size balls, beanbags, foam blocks, balloons, badminton bird, rubber chickens, etc.), leader places one piece of equipment in each hoop.
- Children spread out around activity space, and leader demonstrates the game.
- *When I start the music, you can run around the hoops, but don't touch them.*
- *When I stop the music, jump into a hoop and pick up the thing in that hoop.*
- *Toss it up and down and catch it until I say "freeze".*
- *When I start the music again, put it down in the hoop again and you can run again.*
- Repeat activity.

TIPS FOR INSTRUCTION

- Remind children to keep their heads up when running and be aware of others.

Activity 2: Underhand catch (10 minutes)

- Leader asks children to sit in a semi-circle so they can see the leader.
- Leader demonstrates what your hands look like when you catch a ball at or below waist level (underhand catch).
- *Hands in front of your stomach, palms facing upwards—like a bowl.*
- *Watch the ball with your eyes.*
- Leader chooses one child to help to demonstrate an underhand catch.
- Using a beanbag or soft foam ball, leader and helper stand about 1 metre apart and gently toss and catch the beanbag or ball.
- Leader then divides children into pairs and gives each pair a soft foam ball or beanbag.
- Leader designates two lines where children stand and face each other (e.g. lines on floor, or use tape or cones to mark lines if needed).
- Partners stand across from each other so that all balls or beanbags are being tossed in the same direction.
- Children start about 1 metre from each other.
- As catching improves, leader can move children further apart.

CUES

- *Hands in front of stomach*
- *Palms upward*
- *Hands like a bowl*

Activity 3: Hot potato (10 minutes)

- Leader organizes children into groups of 3 or 4.
- Each group finds their own space and forms a small circle.
- Leader gives a “hot potato” to each group (beanbag or small foam ball).
- *When the music starts, throw the “hot potato” underhand to another child in your circle.*
- *That child tries to catch the “hot potato” and then throws it to someone else.*
- *When I stop the music, everyone must “freeze”.*
- *If you have the “hot potato” in your hands, hop up and down 5 times.*
- Repeat activity a few times.

TIPS FOR INSTRUCTION

- Gently remind children of the cues for catching.
- Praise children for their efforts.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

When you catch in front of your tummy, what shape do you make with your hands?

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.