

CATCHING

Gabháil









	EXPLORATION	DEVELOPING	MASTERING
Eyes		<ul style="list-style-type: none">• Eyes may close upon contact with the object.	<ul style="list-style-type: none">• Eyes follow the flight path of the object into the hands.
Body	<ul style="list-style-type: none">• Body may turn away to avoid the catch.		<ul style="list-style-type: none">• Body is positioned directly in line with the object.
Arms	<ul style="list-style-type: none">• Arms are held straight out in front of the body.	<ul style="list-style-type: none">• The arms tend to trap the ball rather than catching with the hands.• Hands attempt to squeeze the object.	<ul style="list-style-type: none">• Arms 'give' in contact with the object to absorb force.
Overall	<ul style="list-style-type: none">• The body rather than the arms is used to catch (trap) the object.• The body doesn't react to the catch until the point of contact.	<ul style="list-style-type: none">• Catching is poorly timed and uneven.	<ul style="list-style-type: none">• Hands and fingers are spread and relaxed to receive the object.

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Target Pupil							Comments
Eyes focused on the object throughout		Head					
Move the body directly in the path of the object		Trunk					
Hands reach out to meet the object		Arms					
Relaxed fingers and hands are cupped to receive the object							
Catch and control the object with the hands only							
Bend the elbows to absorb the impact							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	WCatch the ball with two hands.	The side or the front.	A ball.

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Catching**



Looks good



Needs more practice

My partner needs to:

It:

1 Reach their hands out to meet the object



2 Relax their fingers and hands and cup them to receive the object



3 Keep their eyes looking at the object at all times



4 Only use their hands to catch and hold the object



5 Bend their elbows when catching



Pupil's Comments:

Teacher's Comments:

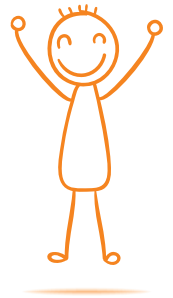
PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

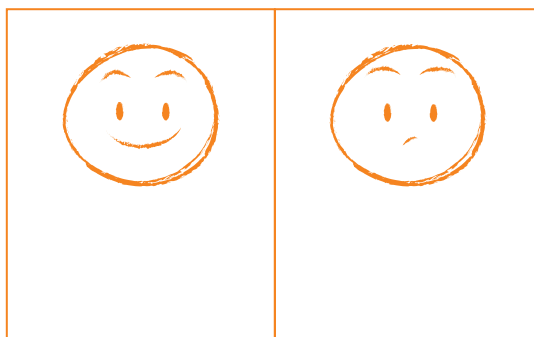
My name is:

Date:

Here is a picture of me catching.



How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB

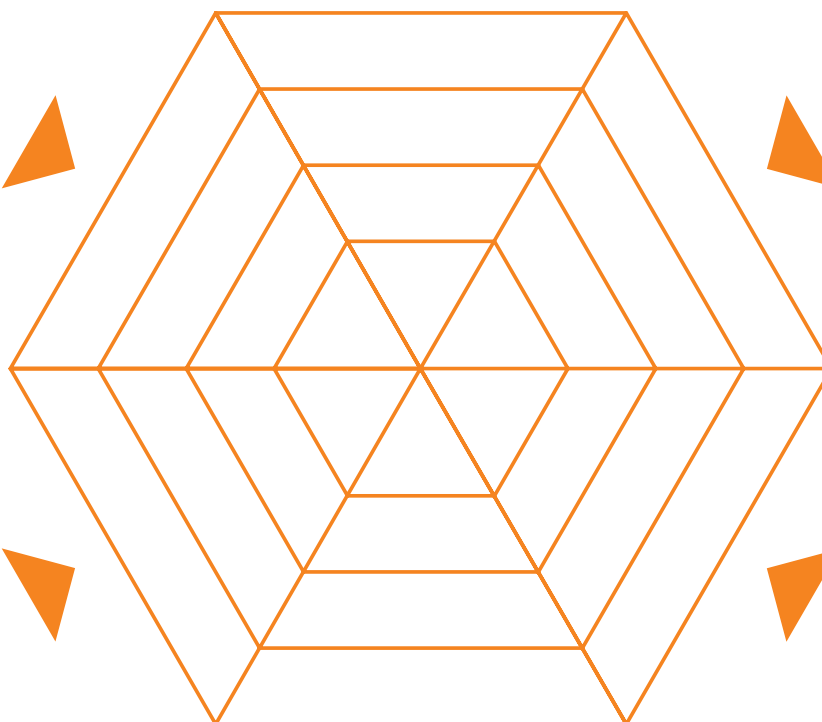
Move feet to place the body
in the path of the object



Eyes focused on the
object throughout
the catch



Hands reach out to
meet the object



Elbows bent at
90 degrees to
absorb impact



Fingers and hands are
relaxed and cupped



Catch and control object
using hands only



1. I don't think I
can do this

2. I can do this but
I find it hard

3. I can do this most
of the time

4. I can do this all
of the time

Pupil's Comments:

While attempting this skill, I felt:

Rate your effort level:

Light Moderate Vigorous

Teacher's Comments: