

Strand: Games	Strand Units: <ul style="list-style-type: none">● Sending, receiving and travelling● Creating and playing games● Understanding and appreciation of games
Fundamental Movement Skill:	Manipulative - Catching
Resources:	
Learning outcome:	The child should be enabled to: <ul style="list-style-type: none">● begin to develop ball-handling skills● begin to develop carrying and striking skills● talk about and develop movement skills relevant to games● play simple playground games

Activity #	Activities that include catching for the Games Strand	Teaching Points
1	<p><u>Individual activities</u></p> <ul style="list-style-type: none"> • Pass the bag <p>Pass the bag from hand to hand, around the neck, waist, two legs, one leg. Pass the bag over the shoulder to the hand, behind the back; Sit on the floor, bend one knee, pass bag over and under raised knee. Alternate leg.</p> <ul style="list-style-type: none"> • Throw the beanbag and catch <p>Throw the bag upwards and catch it with both hands. Throw the bag upwards and catch it five to ten times in succession.</p> <ul style="list-style-type: none"> • Throw and clap before catching <p>Ask the children to count the claps.</p> <ul style="list-style-type: none"> • Throw the beanbag and touch a part of your body before catching <p>The children touch the head/shoulder/nose/cheek/chest/elbow.</p>	<p>When catching the beanbag, the children should:</p> <ul style="list-style-type: none"> • Keep their eyes on the beanbag at all times • Keep their feet slightly apart • Move their body so that they are in the path of the beanbag • Reach their hands out towards the beanbag • Relax their fingers and hands to cup the beanbag softly • Bend their elbows to absorb the impact
2	<p><u>Pair activities</u></p> <ul style="list-style-type: none"> • Throw in pairs • Throw the beanbag to a partner. • The sender throws the bag underarm for distance. • Partner catches it and returns it. <p>*Challenge* – How many catches can each pair make without dropping the bag?</p>	<p>Ensure that when the child catches the beanbag, that it doesn't touch their tshirt/jumper.</p>
3	<p><u>Introduce throw and catch with one hand</u></p> <ul style="list-style-type: none"> • Throw and catch with the same hand. • Throw with one hand and catch with the other 	
4	<p><u>Pair throw</u></p> <ul style="list-style-type: none"> • Throw and catch with two hands. 	

	<ul style="list-style-type: none"> • Challenge – throw and catch five times without dropping the beanbag. • Can you throw and catch five times before the whistle blows? 	
5	<p><u>Throw and run to catch</u></p> <ul style="list-style-type: none"> • Line A sits/stands. • The children in Line B throw the beanbag forward once and run to catch. • They return to their places. • Allow Line B to repeat the activity. • They then return to sit/stand behind line A. • Now line A performs and repeats the activity. • One throw each time. • Allow each line to repeat the activity several times. 	Vary the activity by asking line A to throw the beanbag towards their partner in line B who must try and catch it before it hits the ground.
6	<p><u>Pair activities</u></p> <p>Throw and catch in pairs In this lesson, allow the children to experiment with throwing and catching the ball to each other</p> <ul style="list-style-type: none"> • with a bounce • without a bounce. 	Start with a large ball and as the children become more comfortable with catching, decrease the size of the ball.
7	<p><u>Game: Hot ball</u></p> <ul style="list-style-type: none"> • The ball starts with the leader. • On a signal from the teacher, the children throw the ball from one to the other around the circle. • When it reaches the leader again all sit down. • The first group sitting down are the winners. 	