Strand: Games	Strand Units: ● 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: ● practise skills previously experienced ● develop and practise ball-handling skills ● develop and practise carrying and striking skills ● create and develop games in pairs or small groups ● play small-sided (mini) versions of games ● play playground games ● discuss and develop control in movement skills relevant to games

Activity #	Activities that include catching for the Games Strand	Teaching Points
1	**Ball awareness activities** (a) Pass the ball around – the neck, waist, one leg, two legs. (b) Pass the ball from behind the back, between the legs to the front. (c) The pairs stand beside each other. A holds the ball and throws the ball in the air. B must clap hands (d) Make the figure of 8 between the legs. Increase the speed with which the activities are carried out.	Reach your hand out to meet the ball
2	**Game: Out in front** ● Split the class into groups of 4 children in each group. Line the children up one behind the other. ● Place a cone in front of each group. The first child in the group stands at the cone facing the other children in the group. ● The leader must throw the ball to the first child in the group who must catch it and throw it back. This catcher must then crouch down out of the way. ● The leader must then throw the ball to the second child in the group who must catch it, throw it back and then crouch down out of the way. ● The leader must then throw it to the last child in the group who repeats the activity. ● Each player in turn becomes the leader out in front. ● The winners are the first group with the first leader back in front. ● Repeat this activity using a smaller ball.	Reach your hand out to catch the ball. Move your body in the direct path of the ball.
3	**Game: Over and under** ● The ball starts with the leader. ● The leader passes the ball overhead to Number 2 who passes it through the legs to Number 3 who passes it overhead to Number 4, etc. ● When Number 6 receives the ball s/he holds it overhead. The first team to do this are the winners.	Encourage soft hands cupped around the ball using the fingers.
4	**Throw and catch in pairs** ● Practise the chest pass and the bounce pass. ● Challenge: How many passes can be made in 10/15 seconds? ● The teacher calls chest pass or bounce pass and the child with the ball passes it using the required pass.	Take a step towards the ball when catching the ball.

	- Increase the speed of the calls as the children become familiar with the passes. Overhead pass - The children hold the ball above the head and pass it to each other to arrive at chest height. - Count the number of clean catches that can be made in 30 seconds.	
5	**Station 3:** Passing/throwing and catching using beanbags. Tasks: Individual activities - Pass the bag around the neck, waist, one leg, two legs. - Throw and catch with two hands/one hand. - Throw, clap and catch. - Throw, touch and catch. - Throw the beanbag into a hoop or onto a target mat. - Throw to a partner and catch their return throw. - Throw and catch with two hands/one hand. - Ask each pair to create their own activity/game using the equipment	Encourage a clean catch away from the body. Keep eyes focussed on the object at all times.
6	**Fist passing and catching** - Fist passing - A1 passes the ball to B1 using his/her fist. - B catches the ball and returns it. - Catching the ball (Gaelic football and Soccer goalkeeping) - A feeds the ball by throwing using an underarm action. - Partner B catches it and returns it by rolling it back. A feeds the ball high then low. Reverse roles.	Take a step towards the ball when catching it.