

GetActive@Home

Episode 1 - Catching

Early Stage 1

Challenges

- Throw and catch.
- Throw, clap and catch - throw the ball in the air and clap as many times as possible before trying to catch the ball.
- Throw, spin and catch - throw the ball in the air and try to spin on the spot before catching the ball.
- Drop and catch - drop the ball from shoulder height and try to catch it before it hits the ground.

Mega Challenges

- Throw and catch while running on the spot.
- Creative challenge - move in any way you can while throwing and catching the ball.

Other variations

Using a wall or with a partner try:

- Two handed catching.
- One handed (dominant/non-dominant) use a big ball/object to make it easier.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

Where do you look to catch the ball?

How do you move to make catching easier?

What do we say to make catching easier?

Teaching cues

Throw the ball - 'toss the egg'.

Eyes on the ball - 'laser eyes'.

Arms extended and hands together - 'make the nest'.

Bend the knees and slightly lower hands - 'soften the nest'.

Equipment

Ball, soft toy, pair of rolled up socks.

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Sample questions

Where do you look to catch the ball?

Why do we 'soften the nest' when catching a ball?

How can we move our feet to help catch a ball?

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