



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Catch and Step

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Overview: A chance to work on the skills needed in all throwing and catching games.

Time: 10 minutes.

Equipment required: Lots of tennis balls or bean bags.

Benefits:

- Improves reflexes and co-ordination.
- Gives children a chance to work on their throwing and catching skills.
- A great activity for teamwork and communication.

Preparing:

1. Split the class into pairs and give each pair a tennis ball.
2. Have each pair stand in front of each other so the class makes two straight, parallel lines.
3. The children throw the ball to their partner using a one-handed underarm throw, and their partner returns it.
4. If both throws and catches are successful, both children take a step backwards, away from each other and repeat.

Progression:

1. If either partner drops the ball, they both take a step forwards, towards each other again.
2. Once a pair has taken five steps back, they come back to the middle. This time they swap the hand they're throwing with and start again.
3. If they make it to a third lap, challenge them to stand on one leg (the opposite side to their throwing arm).
4. Another variation is to bounce the ball off the floor before it reaches their partner.