



WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

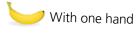
Try this warm up - over and under ball:

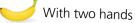
Have children line up behind each other. Pass a ball down the line, first by reaching overhead, then through the child's legs. You can alternate over, under or for a simple activity use all over or all under passes.

who can catch like WILLY THE WONKEY?

Activity

Who can catch the ball?









Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"

CATCHING BALLS

Equipment

A wide variety of balls – small, large, oval, foam balls and sea urchin balls



'Catching' Fundamental Movement Skill lanyard

Game Set Up



Children spread out in a line or circle



BALLOON CATCHING

Equipment



Balloons, 1 per child



'Catching' Fundamental Movement Skill lanyard

Game Set Up



Children spread out in a defined space

Activity

Ask the children to throw the balloons above their head and catch them

Ask children to bounce the balloons and then catch them



Throw a balloon to each child, encouraging the children to catch the balloon and throw it back Sing a 'name' rhyme whilst playing catching games with the children. This will help to prepare the child for catching, e.g.

'Roo, Roo, Kangaroo
'Roo, Roo, Kangaroo
Can I sing your name to you?
(Then chant the child's name that you are throwing the ball to)
Your name is........

BALLOON VOLLEYBALL

Equipment



Balloons



Low cost netting or stretchy, pliable fabric



Medium-sized, lightweight balls



'Catching' Fundamental Movement Skill lanyard

Game Set Up

In an appropriate space, make a 'net' by securing netting or stretchy pliable fabric from two secure and stable points at about a child's waist level.

Alternatively, you could make a line of tables to separate the two sides

Activity



To start, children stand in pairs close to each other. One child throws the balloon over the net to their partner who catches and throws it back



Start with balloons and progress the children onto medium-sized bouncy balls



Demonstrate, positively support and guide children's catching



As they become more confident ask them to take a step back, some children may like to bat the balloon/ball back with their hands



CATCHY ROUNDERS

Equipment



Large and medium-sized lightweight bouncy balls Chalk or masking tape



'Catching' Fundamental Movement Skill lanyard

Game Set Up

In an appropriate space mark out a circle with chalk or masking tape big enough for the children to stand in a circle with the educator in the centre

Activity



The educator bounces the ball to each child in the circle. The child catches and bounces the ball back to the educator



The children who are not catching clap on the bounce and reach high on the catch



Swap the large bouncy ball to a mediumsized ball. Throw the ball to each child in the circle. Sing the following song to the tune of 'Frere Jacques'

'I am catching, I am catching
Yes I am, Yes I am,
See me catch the ball, See me catch the ball
Clever I am, Clever I am!'

GOOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

Slow movements make great cool down activities, try: On-the-Spot Follow the Leader.

Lead some slow, cool down movements like walking on the spot with your arms moving in a gentle motion. Touch your shoulders with your hands and then reach high into the sky. Skip slowly on the spot and then sway gently from side to side. Repeat.

