

CATCHING









for pre-schoolers 3-5 years

with Milly the Monkey

DESCRIPTION

Catching is a receptive, manipulative skill that involves receiving an object and relies on the eyes to track the object into the hands.

POINTS TO REMEMBER

-  Before starting the games take a few moments to go over the key teaching cues for catching
-  Start with the 'Who can catch like Milly the Monkey?' activity and if a child is having difficulty catching try breaking the skill into simpler actions
-  Try to identify the reason/s as to why a child is having difficulty, check they are watching the ball and their hands and fingers are spread wide
-  Work on single elements. Start by placing the ball in the child's hand, encourage them to watch the ball and not be scared, a large ball like a beach ball is best
-  In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of catching
-  Don't forget to warm up and cool down
-  Demonstrate the skill so everyone can see
-  Positive feedback is the key – have fun detecting and correcting!

TEACHING CUES

1 Prepare to catch 'Hands ready, fingers wide'

2 Keep your eye on the ball

3 Catch the ball with your hands, not your forearm or chest



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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 MILLY THE MONKEY?


Activity

Who can catch the ball?

 With one hand

 High

 Fast

 With two hands


 Low

 Slow

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





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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

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

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

-  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






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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 medium-sized 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!'

COOL 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.

