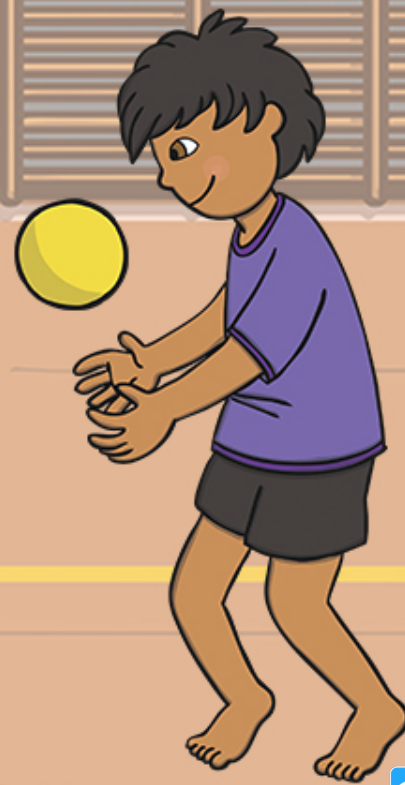


It's Catching





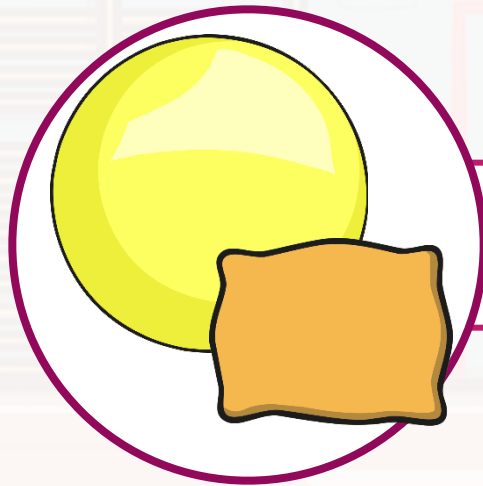
Aim

- I can throw and catch.
- I can balance.

Success Criteria

- I can throw a ball that I can catch.
- I can jump to catch a ball.
- I can catch a ball in different ways.
- I can balance on one leg.
- I can keep my balance when I am pushed.

What Can You Do?



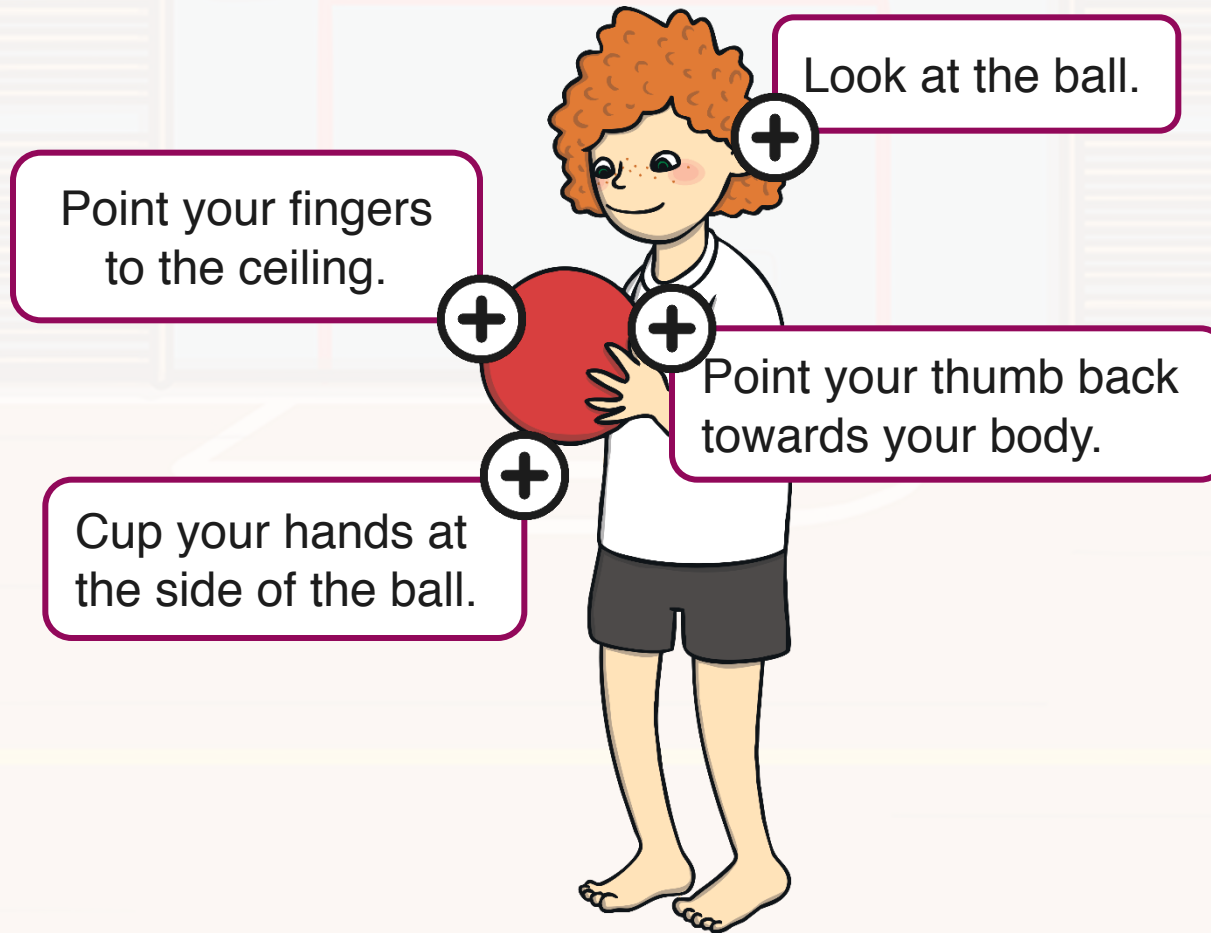
Choose a ball or bean bag and have a try throwing and catching it for 1 minute.

① What can you do?

② Has anyone got any more tips for good catching?



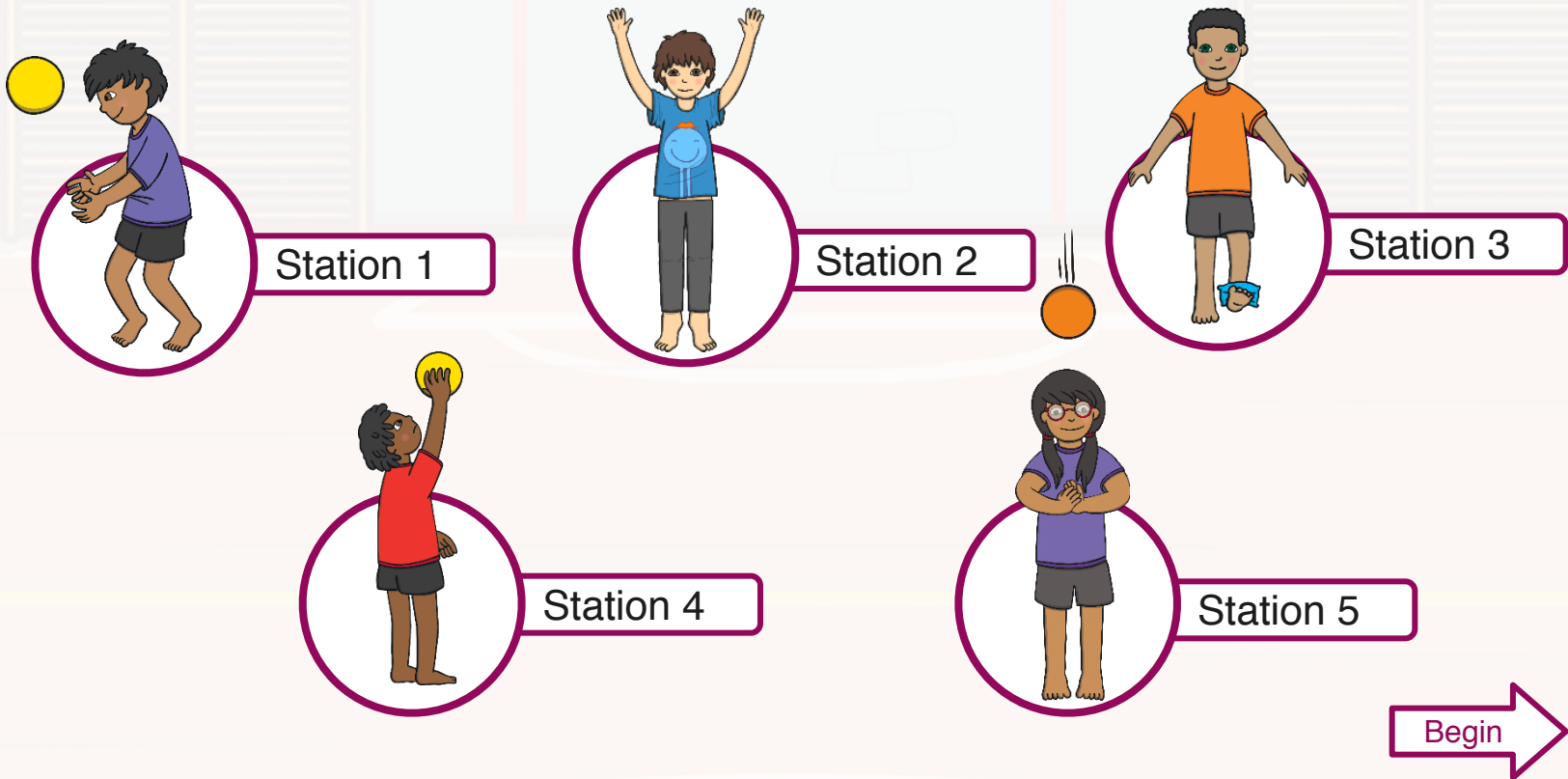
Tips for Good Catching



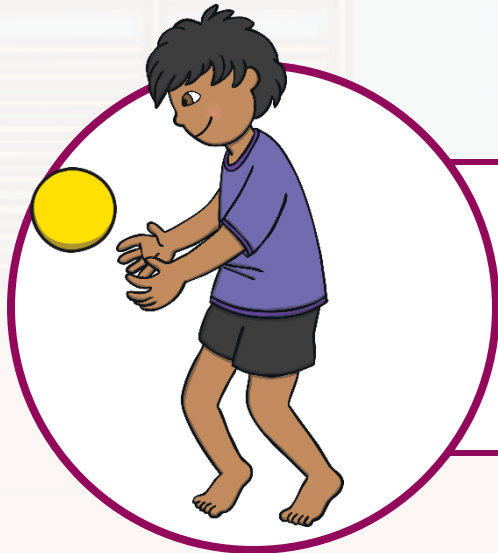
Circus Circuits



You will have 2 minutes to do each station before moving to the next one!



Circus Circuits



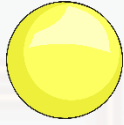
Next Station

Station 1:
Throw a ball or bean bag over your head and
catch it with your hands behind your back.





Circus Circuits



Next Station

Station 2:

Throw a ball or bean bag up in the air. Jump to catch it. How high can you throw it and catch it with a jump.



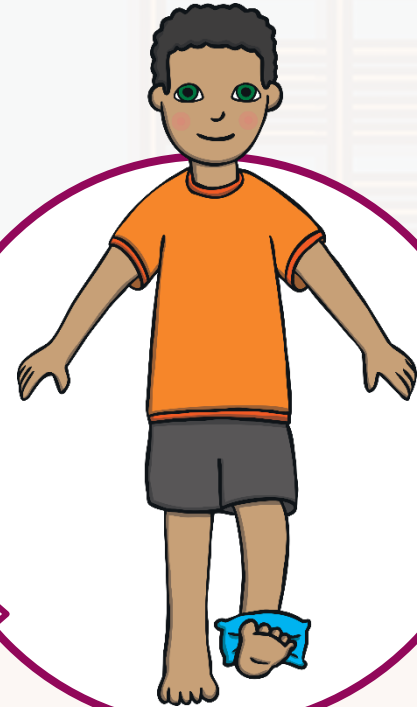
Circus Circuits



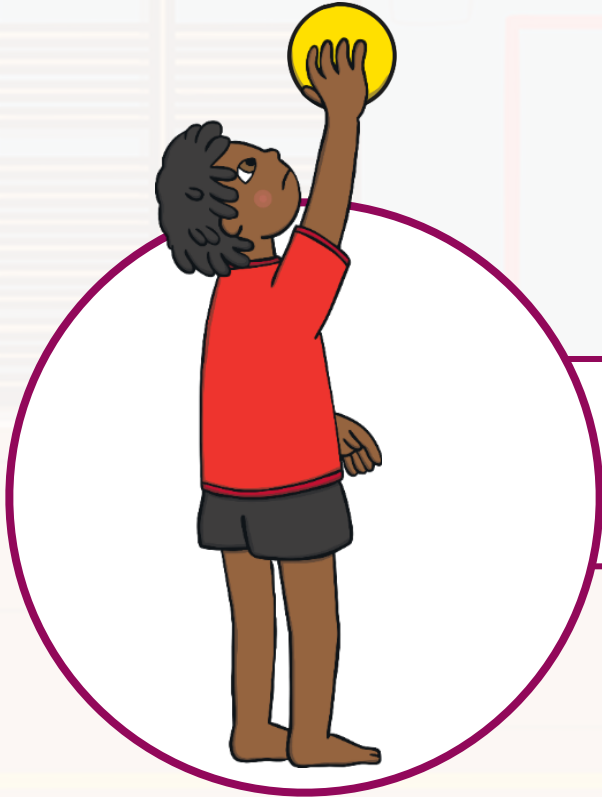
Station 3:

Throw a beanbag up in the air and catch it with any part of your body. How many different parts can you catch it with?

Next Station



Circus Circuits



Station 4:
Throw and catch a ball or bean bag with
one hand.

Next Station



Circus Circuits



Station 5:
Clap your hands 3 times before catching the ball.



Circus Circuits



Click to
Start Timer

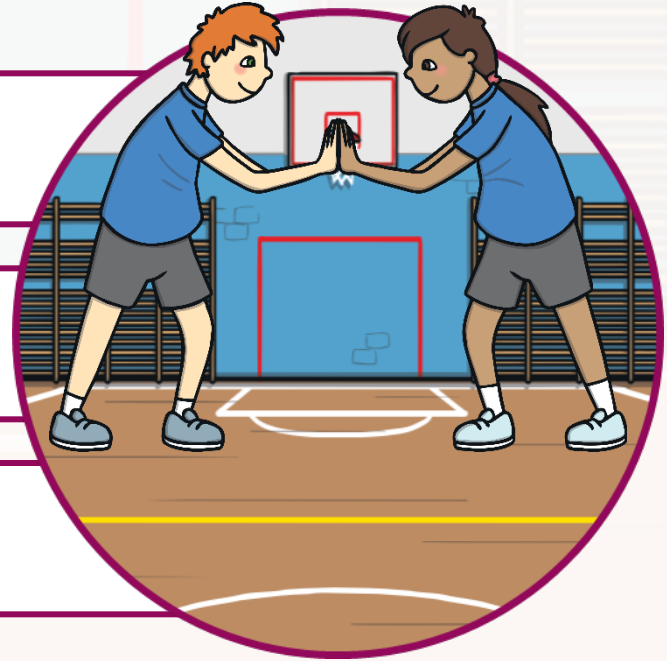
Cool-Down: Push Balance



Partner up! Place your palms together at shoulder height and push.

Maintain contact. You are not hitting!

Watch the [Balancing Cards](#) to see which direction to push.



❓ Can you keep your balance?

Aim



- I can throw and catch.
- I can balance.

Success Criteria

- I can throw a ball that I can catch.
- I can jump to catch a ball.
- I can catch a ball in different ways.
- I can balance on one leg.
- I can keep my balance when I am pushed.

