



Physical Education Home Learning: Monday 30th March

Topic: Developing Hand-Eye Coordination

Activity: Throwing and Catching

Aim: In this activity the aim is for your child to improve their throwing technique and catching ability.

Equipment Required: Various sized balls or a bean bag
You can also use different household items such as a pair of socks, scrunched up paper taped together, different sized teddy bears, even fruit.

Method: Using your chosen piece of throwing equipment, attempt to throw it forwards and backwards with your child and for them to catch and throw it back to you.

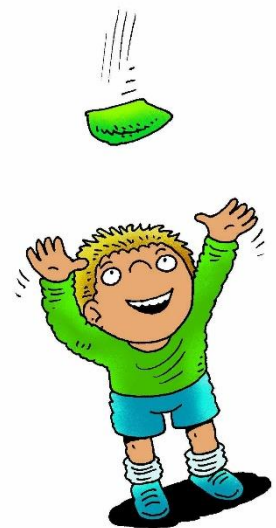
Encourage your child to take up the correct position when trying to catch:

Arms out, knees bent and eyes on the prize 😊

To progress with this activity encourage your child to try throwing the item above their head and catching it on their own.

Variations of this activity;

- How many times can your child catch the item without dropping it?
- Can your child clap in between throwing and catching the item?
 - Start with 1 clap, then 2 claps, then 3...
- When they throw the item, can they spin around 360 and then catch it?



Another variation you can do with your child is to have them throw the ball against a wall then you catch it. Then you can reverse the roles so you throw the ball against the wall and your child can catch it.