

Have a go at the following throwing and catching activities at home:

Throwing and Catching Activities

Try rolling objects in different directions along the ground. Crouch down and bend your knees. Watch where you want the object to go and give it a gentle shove from behind. Can you keep up with your object?



Practise bouncing a ball on the ground. Bend your knees, watch the ball and use two hands to catch it or push it back down.



Practise catching. You could try different sized balls, screwed-up paper, scarves, soft toys etc. Keep your eye on the ball and have your hands cupped together to catch. How high can you throw the ball and still catch it?



Practise throwing and catching with a partner. Aim for their stomach when you throw. Stand close together and move further away as your throwing and catching becomes more accurate.



Practise throwing overarm. Try throwing different objects at a target or a wall. Face the target and bend your elbow. Bring the ball back to your shoulder and release it with a push.



Practise throwing different objects at a target using an underarm sling. Face the target, bring your arm back to your waist and then forward. Let go of your object as it comes in front of you. Which do you find easier: overarm or underarm?



Can you try rolling your ball towards a target? Spot or cone?