

Week 9 WC 18.05.20 Throwing & Catching

Hi Everyone,

This week we have chosen for you to work on your throwing & catching skills. For this you will need a ball. Ideally a soft ball would be best as the children will be more confident when catching it but if you don't have any please don't worry as any ball will do. If you do not have a ball, then you can ball up some socks or a scarf to make a ball instead.

Activity 1: Throwing & Catching Skills

You will find attached 3 documents for the first activity we have split them depending on the age group:

Reception & Year 1 – can attempt the activities on 'Throwing & Catching Year R&1'

Year 2 – can attempt the activities on 'Throwing & Catching Year 2'.

Activity 2: Seven Ball Challenge

Once the first activities have been completed all year groups can attempt the Seven Ball Challenge. You need to complete all 7 cards starting with card 7 and working your way down to card 1. You will see the number of times you need to complete a skill decreases as you work your way down the cards.

To make this harder you can implement the rule that if a mistake is made you must start again from card 7 – so you can see if you can do all the challenges without making a mistake.



Additional Activities:

There is also some colouring included which highlights games where you will need to use throwing & catching skills.

Don't forget to watch the video from Abi this week to see how good your flexibility is.....

Take care of yourselves,
Jenny & Abi