**Throw & Catch**

Equipment:

Beanbag

Markers

1. Give each child a marker and a beanbag
2. Children to hold the markers in both hands as if they are holding a bowl
3. Place the beanbag in the marker
4. Children to throw the beanbag in the air and catch it
5. Once they have mastered this, pair up the children, remove one beanbag and instruct them to throw to each other
6. Once this has been mastered, return the second beanbag and instruct the children to throw and catch the two beanbags at the same time
7. Children to remove one beanbag and one child holds a beanbag while the other child holds both makers like scoops
8. The child with the beanbag throws it and the child with the markers try catching it by clapping the markers together
9. Next, place one marker upside down on the floor in front of each child
10. Children to throw their beanbag into the marker, see if they can flip the marker over to cover the beanbag
11. Once they have mastered this, instruct them to step further away from the marker
12. Turn the marker over and place a ball/object on top
13. Can the children knock the ball/object off the marker?
14. What else can you think of for children to aim and throw at?
15. Children can move at their own pace, hence this activity is good for group of children of various ages or abilities

**Benefits**

Throw and catch can support skills such as throwing, catching, aiming and rolling, other areas of learning, spatial awareness and helps children to develop self-control.

**S.T.E.P. into Year 1:**

S – Standing 1 pace away, throw and catch, then once they have caught twice, take a step back, continue until they are unsuccessful, then continue at that level.

T - How many can you do in 30 secs? How many in a minute? Can you predict before you start?

E - What can you catch? Present a range of equipment. How do you need to change your catching strategy to catch this?

P – Can you play one knee, with a group of 4/5/6? Once the ball is dropped, start by going down on one knee, then two knees. Then lose a life, and start again. Start on 3 lives.

**STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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