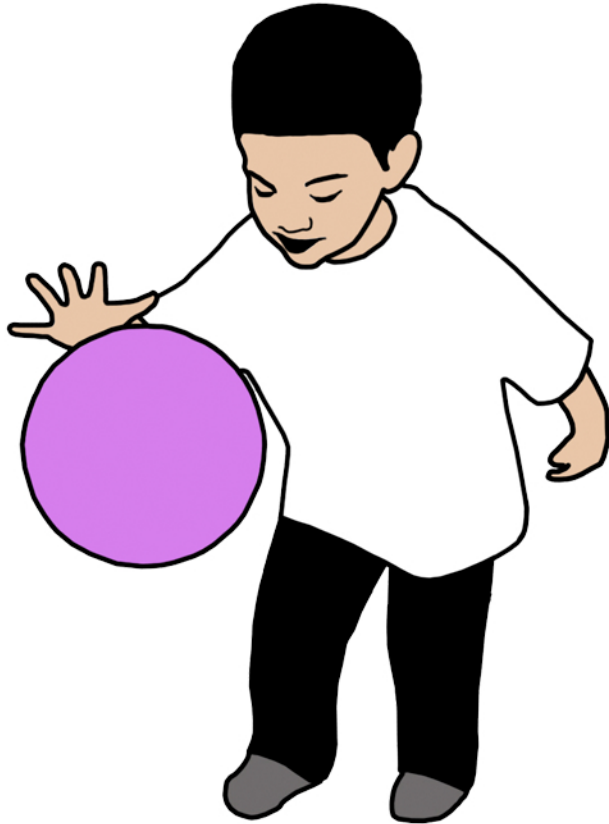


Bounce



Bounce

Body Up and down movement of the body (bending knees) without jumping off the ground.

Object A young child need to learn how to drop a ball and catch it once it bounces. Learning to bounce a ball on the ground in a controlled manner in order for them to be able to catch it can take a fair bit of practice.

Method

Once a child can drop and catch a ball by themselves, pair up with them, stand a few feet away from them and throw and catch by bouncing. Aim for the mid-line of their body and once they are competent at this start bouncing the ball towards their sides.

Next pair children to bounce towards each other. Bouncing and catching a bouncing ball is part of the development of throwing and catching.