

Catch



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Catching a rolling ball, a ball or object thrown or a bouncing ball.

Children progress from immature to mature abilities. Progress from two handed catch, which includes the arms, of a large ball, to eventually being able to catch a small ball with just the hands.

Method

Progression:

1. Children might initially turn their head away when they are first learning to catch. They will not make use of their hands to catch the ball. They will keep their arms straight until the ball makes contact and try to scoop it towards their chest.
2. Children will be less inclined to avoid the ball/object but might close their eyes. They will try to make use of their hands to catch the ball/object. Their arms will be slightly bent at the elbows, however will still try to scoop it towards their chest. They will not necessarily grasp the ball with their hands well.
3. Children will not try to avoid the ball/object and their eyes will track it. Their arms will bend as far as they need in order to catch the ball. They will grasp the ball with their hands with control.

Things to Try

- Catch a ball thrown a short distance
- Retrieve a bouncing ball and then sending it on,
- Receiving a given object/ball whilst walking and then twisting to a new position and sending on