

Throw & Catch

Equipment

Beanbag

Markers

- Give each child a marker and a beanbag.
- Children to hold the markers in both hands as if they are holding a bowl.
- Place the beanbag in the marker.
- Children to throw the beanbag in the air and catch it.
- Once they have mastered this, pair up the children, remove one beanbag and instruct them to throw to each other.
- Once this has been mastered, return the second beanbag and instruct the children to throw and catch the two beanbags at the same time.
- Children to remove one beanbag and one child holds a beanbag while the other child holds both markers like scoops.
- The child with the beanbag throws it and the child with the markers try catching it by clapping the markers together.
- Next, place one marker upside down on the floor in front of each child.
- Children to throw their beanbag into the marker, see if they can flip the marker over to cover the beanbag.
- Once they have mastered this, instruct them to step further away from the marker.
- Turn the marker over and place a ball/object on top.
- Can the children knock the ball/object off the marker?
- What else can you think of for children to aim and throw at?
- 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.