

GA24 THROWING AND CATCHING

(When children are learning to throw and catch there should be available a variety of balls. Balls of different sizes, weights and textures should be included and also, if possible, juggling scarves and balloons blown up in light plastic cases.)

Children select a piece of equipment which is suitable for their stage of development (*i.e. larger lighter balls, juggling scarves, and balloons are easier to throw up into the air and take longer to come down so children have more time to prepare for catching them. Smaller, heavier balls are more suitable for children who can already catch reasonably efficiently.*)

- (i) They should be given the opportunity to freely practise throwing the ball, balloon, scarf into the air and catching.
- (ii) Children could practise keeping an encased balloon up in the air by patting it.
- (iii) They could practise rolling or throwing a ball against a wall and catching the rebound.

(When catching a ball, children should stretch their arms and hands towards it. Initially they will catch the ball in a “basket” i.e. catching with their arms and immediately bending their elbows to secure it in the basket. You should encourage children to gradually catch by extending their arms and catching the ball in their hands.)

