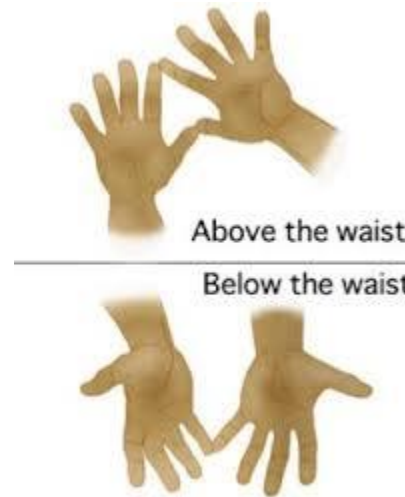




St George's Central CE Primary School and Nursery

Key Words	Definition
Throw	Propelling/forcing something through the air by a movement of the arm and hand.
Catch	Stop an object falling to the ground
Bounce	To hit a surface and rebound backwards
Direction	The way in which something is travelling
Target	The thing that someone is aiming at
Overarm	A single handed throw where the object is released above the shoulder.
Underarm	A single handed throw where the object is released below the shoulder.



<u>Catch</u>	
Preparation	Feet move to place the body in line with the ball
	Eyes are focused on the ball
	Hands reach out to meet the ball
Reception	Hands adjust to the path and size of ball
	Fingers are soft and slightly cupped
	The ball is caught in hands only (not forearms)
	Hands and fingers close at the correct time
	Elbows bend to absorb impact

Coaching Points
Equipment – This is key in providing differentiation. Balloons, for instance, can be fantastic for practising throwing and catching at an early age. There are throwing and catching sets available that provide a range of resources to cater for different abilities.
Technique – When first attempting to catch, encourage the child to catch the ball by wrapping their arms around the ball and cradling it to their chest. When their accuracy to catch the ball against their chest improves, encourage them to use only the palms of their hands and fingers.
Focus – Prepare children for a catch by getting them to concentrate on the ball in the thrower's arms. Begin by using verbal clues such as 'look' (before the throw), 'ready' (before releasing), 'catch' (when in flight).

Assessment Focus:

- Throw and kick in different ways
 - Throw and catch with both hands
 - Throw underarm
 - Hit a ball with a bat
- use catching skills in a game

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12