

Multi Skills Festival– Throwing & Catching

Learning Outcome:

By the end of the activity, pupils will be able to successfully demonstrate throwing and catching, individual and in a group.

Physical Outcomes:

Mobility ☒

Agility ☐

Speed ☐

Strength ☐

Power ☒

Balance ☐

Fundamental

Movement Skills:

- Walking
- Running
- Catching
- Carrying
- Trapping
- Throwing
- Collecting

Personal Challenge:

Can you try to throw and catch as many times as possible without dropping the beanbag or ball.

Equipment Needed

- 15-20 Bean Bags
- 4-8 Cones

Safety Points

- Make you stand in a space and have enough room to pass and catch the ball.
- Make sure the equipment does not go into another activity area.

Activity Description

- Set up the activity
- Greet children and escort them from previous activity. Ask them to put drinks bottles down safely out of the way of the activity.
- Introduce yourself to the pupils.
- Give a clear explanation of activity.
- Provide each of the pupils with the potion (bean bag) and ask them to stand in a space.
- In their space, get the pupils to throw the potion (beanbag) up a small distance and catch it again. Ask the pupils to perform this 10-20 times.
- Next, get the pupils to try clapping between throwing and catching the potion (beanbag)
- Split the pupils into small groups (4-5 Pupils)
- In the groups, pupils throw and catch the potion (beanbag) amongst themselves and see how many times they can do this without dropping.

REMEMBER- SMILES

Safe: Participants feel physically and emotionally safe.

Maximum Participation: Participants are fully involved all of the time.

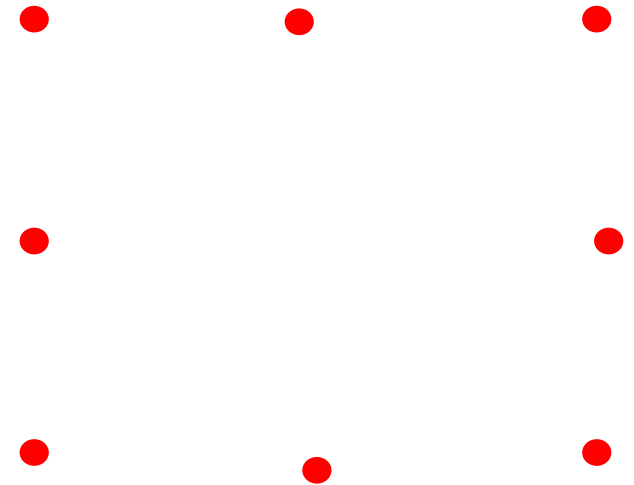
Inclusive: All participants can take part.

Learning: Participants develop personal, social, creative, thinking and physical skills.

Enjoyment: Activities recognise individuals personal needs and interests.

Success: Participants feel they are making progress and getting satisfaction.

Diagram



Coaching Points

- Throw and catch the ball with two hands.
- Make sure you are watching the beanbag at all times.
- If you are working with others, communicate with them when passing and catching the ball.
- Throw the ball from waist height and do not throw it above head height

Easier/Harder (STEP Principle)

- Space: When working in small groups, increase or decrease the distance between the pupils.
- Task: See how many times you can throw and catch the ball in an allotted time.
- Equipment: Change the bean bags and use a tennis ball instead.
- Participants: Work with a small or larger group of pupils.