

## ACTIVITY PLAN 20 – CATCHING BALLS

### Aim

To develop hand-eye coordination and the ability to catch a ball

### Age

24–35 months

### Equipment

Large, soft balls or balloons

### Alternative Equipment

Bubble mixture. A home made version can be made using a pipe cleaner, dishwashing detergent and a small container

### Area required

Indoor or outdoor space of suitable size

### Time

5-10 minutes

### How?

This activity requires an adult to throw the balls to the children. To maximise participation, keep the groups to three or fewer children per adult.

Stand the children in a line facing you and call the name of the child you are going to throw to first. Ask the child to hold their hands out in front with palms facing upwards, and gently tell them to watch the ball and try to catch it. Children who aren't involved can be asked to clap as the ball is thrown.

Encourage the child to throw the ball back using a two-handed throw, before repeating with the other children.

### Easier

Children can individually practise throwing and catching a balloon, or alternatively use bubbles, a suspended balloon or a larger ball. You can also stand closer to the child to make the throw shorter.

### Harder

Use a smaller size ball or stand further away from the child.



## Key points

- Children should have feet slightly apart in line with shoulders.
- Children should stand facing and looking at you.
- Children should have arms out in front with hands open.
- Watch the ball as it is thrown – young children may display an avoidance reaction and look away. It is important to throw softly and use a soft object.
- Catch the ball – a two year old will catch a ball with their hands before bringing their arms into their chest or they may just catch the ball using their chest.
- Throwing – the child needs to look at you and use a two-handed underarm throw with their feet shoulder width apart. Show them how to follow through with their arms.