

ACTIVITY PLAN 32 – CATCHY ROUNDERS

Aim

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

Age

3 – 5 years

Equipment

One large bouncy ball per child, one medium-sized light-weight bouncy ball per child, chalk or masking tape

Area required

Outdoor area of suitable size

Time

10 minutes

How?

For large numbers of children it is recommended that you divide them into smaller groups of no more than five children to ensure all children are actively involved at all times.

Mark out a large circle with chalk (you could use masking tape or chalk on carpet if inside). Stand children on the chalk marking at the edge of the circle, each with a large bouncy ball. Stand in the centre of the circle and ask one child at a time to bounce their ball to you. Catch it and bounce it back to the child. During this time the other children are practising bouncing the ball and catching it by themselves. Make your way around the circle to be sure every child gets a turn to practise with them.

Swap the large bouncy ball to the medium sized ball and repeat the steps above.

Easier

Make the circle smaller and use a larger ball (e.g. a beach ball).

Harder

Make the circle larger and use a smaller ball. (e.g. a tennis ball).



Key points

Show the children how to:

- prepare to catch by holding both hands in front of the body and with the elbows softly bent
- stretch their arms in front to reach for the ball as it arrives
- catch the ball in their hands only, not the forearms.

Remind the children to watch the balloon or ball. Ask children to get ready by softly bending their elbows and stretching their fingers out wide. Say “hands ready, fingers wide” so they are in position to catch the balloon or ball.