

Catch

Activity

Resource: Learn to Move

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

Receiving an object with the hands.



- Keep eyes on the incoming object
- Move body into the path of the incoming object
- Make a target with the hands to receive the object—thumbs in for objects above the waist, thumbs out for objects below the waist
- Receive the object by “cushioning” it into the body

I can also...

- catch beanbags
- play baseball
- play wheelchair rugby

Self Check Questions

- Can I anticipate when the object is going to reach me and move my body accordingly?
- Do I bring the object into my body once it reaches my hands?
- Can I make up tricks like clapping or turning before catching?