

# Throwing and Catching Skills Challenges

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.2, 8.1, 8.2, 8.3

Refer to the [Kindergarten Program 2016](#) for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- demonstrate persistence while engaged in activities that require the use of both large and small muscles
- demonstrate spatial awareness
- demonstrate control of large muscles with equipment
- demonstrate hand-eye coordination in movement (underhand and overhand throw).

## Equipment

- 10 – 14 small balls
- 10 - 14 large balls
- 10 - 14 beanbags

- 3 – 5 hoops
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the walls. Remind children to be cautious when moving, and to be aware of personal space.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of spatial awareness using large and small muscles as well as hand eye coordination in movement (underhand and overhand throwing) while using different equipment can be recorded on the Anecdotal Recording Chart.

## Throw and Catch Stations

Set up four Throw and Catch stations. Children will explore the tasks at each station. Rotate stations every few minutes.

**Station A** Throw a ball/beanbag underhand into the air and catch it.

**Station B** Throw a ball against the wall and catch it.

**Station C** Throw a beanbag at a target, aiming to have it land on or in the target.

**Station D** Throw and catch a ball/beanbag underhand with a partner.

Consider having children demonstrate different throwing challenges and using those to create the activity stations.

## Notes to EL-K Team

- Provide a variety of sizes and types of balls for children to use to make it easier to catch.
- Emphasize looking at target when throwing to the wall or to a target on the ground.

- Review the skills of:
  - Catching underhand and overhand
  - Throwing underhand and overhand
- Remind children to throw gently to a partner. Children should ensure that the catcher is aware that a throw is coming towards them (e.g., call out the child's name, make eye contact or catcher could put out hands as a target).

## Connection Questions to Expand and Enhance Play

- Which Throw and Catch Station was your favourite and why?
- How would you coach another child to do an underhand or overhand throw?
- Why is it important to be aware of your space when playing at each station?