

5 Skills for Under 5's

Skill 5: Catching

Aim: To master the fundamental movement skill of catching

Task 1: Practice the skill. Use a large soft ball, tea towel or balloon. Can you catch like a cobra?

Task 2: Practice makes perfect, play the following game to help develop this skill



| Skill/Skills | Activities | How to Play | Equipment |
|--------------|-----------------------|--|--|
| Catching | <p>Cobra Catching</p> | <ul style="list-style-type: none"> • Throw the ball against a wall, so it rebounds off • Allow it to bounce before catching • How many times can you do it without dropping? • To make it easier, allow 2 bounces or just bounce and catch | <p>Something to throw and catch</p> <p>A large soft ball, such as a beach ball</p> |

Points to help your child practice:

Use balloons/soft balls to give children time to watch the ball

Start with bounce and catch

Encourage catching in hands

