

## Week 7- Throwing and Catching

### **Monday-**

Equipment: Balls of different sizes. If you do not have a ball you can use socks rolled up into a ball and maybe small pillow.

1. Begin with this video <https://www.youtube.com/watch?v=-4O1vpM0ZI> and participate in this lesson. You will not be able to go beyond about 5:30 seconds in the video because this is when the students begin to practice activities in the gym.
2. Get your ball and practice what you learned in the video

### **Tuesday – Practice Throwing and catching**

Use the balls or socks you used from yesterday's activity. This time I want you to practice throwing up in the air and catching. How many can you get in a row? Can you try with your left hand and your right hand? Which hand is easier?

Then you can challenge yourself and try the throwing up and catching while balancing on one leg. Try with one eye open and one eye closed. If you need an extra challenge, try moving your body in different ways while throwing and catching. If at any point you are not able to throw and catch successfully go back and make things a little easier.

Challenge Videos:

<https://www.youtube.com/watch?v=FYS9o- Mwl>

<https://www.youtube.com/watch?v=T3kvqbiohC8>

### **Wednesday-**

Watch this video

<https://www.youtube.com/watch?v=B70PHrKI77Y>

Take the activity outside and give it a try. If you do not have two balls you can use socks. Socks will not be able to bounce so throw them up in the air and see if you can catch the sock ball before it hits the ground.

## **Thursday-**

### **Bucket Toss Golf**

This game combines underarm throwing with the rules of golf. To play, you will need:

- Beanbag balls, rolled up socks or soft foam balls
- Buckets or cardboard boxes
- Pieces of cardboard or string for golf tees

Start by setting up a miniature golf course with string for the tee and a bucket or cardboard box for the hole. Ideally, you should have at least 5 holes in your miniature golf course. Have the participants start at the first tee and attempt to throw their beanbag ball into the bucket with as few throws as possible.

You can keep track of the scores on a piece of paper. The child to complete the course in the least number of throws is the winner. You can also vary the length of the holes to make the course more challenging if the children are accurate throwers.

## **Friday**

Have some fun and get outside to practice your throwing and catching. If you have a balloon, you can try out the game where you try your best to not let the balloon touch the ground. You could practice a similar concept with a ball. Challenge yourself and see how many successful throws you can do without the ball touching the ground.