

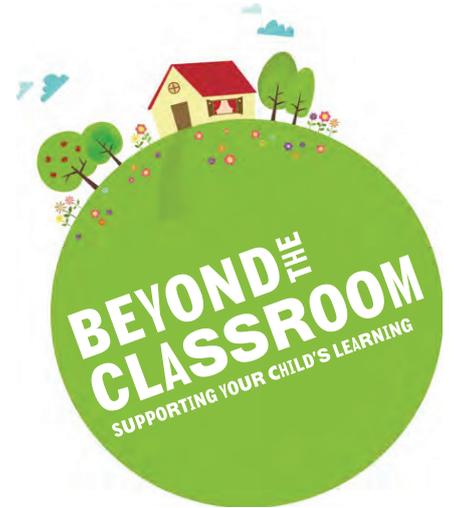
CATCHING

Gabháil



Introduction

Catching is a skill that is closely associated with throwing. The ability to catch is vital in order to play a wide range of games such as Gaelic football, basketball, rugby, hurling, baseball, rhythmic gymnastics and playground games. It is important to practice catching using small objects.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Reach hands out to meet the object and keep eyes looking at the object at all times.

[Click here for video](#)

Home Activity B

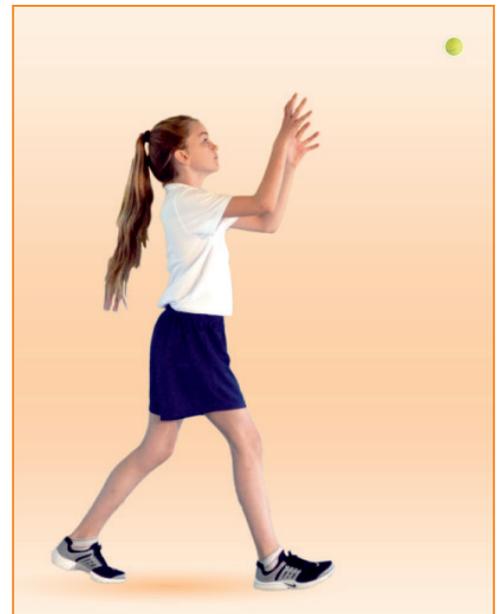
Only use hands to catch and hold the object
Cup and relax hands including fingers to receive the object.

[Click here for video](#)

Home Activity C

Bend elbows when catching.

[Click here for video](#)



Catching

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Home Activity A

| | | | | | | | |
|--|--|--|---|--|---|--|---|
| <p>Warm Up</p> | <p>Bottle flip fun: In the playing area complete 3 exercises e.g. lunges, jumping jacks, squats, jumps. For every 3 exercises completed you earn 3 bottle flip attempts. Bottle flipping is when a partially filled plastic bottle is thrown in the air in an attempt to land it upright on its base or cap. How many successful bottle flips can you get in one minute? Try and beat your own record.</p> | | | | | | |
| <p>FMS Focus</p> | <p>Today when throwing focus on...</p> <table border="1" data-bbox="252 667 1546 929"> <tr> <td data-bbox="252 667 686 929"> <p>Reach hands out to meet the object</p> </td> <td data-bbox="686 667 896 929">  </td> <td data-bbox="896 667 1331 929"> <p>Keep eyes looking at the object at all times</p> </td> <td data-bbox="1331 667 1546 929">  </td> </tr> </table> | | | <p>Reach hands out to meet the object</p> |  | <p>Keep eyes looking at the object at all times</p> |  |
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| <p>Throwing Practise</p> | <p>Sit and Bounce</p> <p>Description of Activity Invite pupils to sit on the ground with legs astride. Each pupil has a ball. Pupils bounce the ball on the ground to head height and catch it again before the ball hits the ground. Invite pupils to alternate the hand used to bounce or catch the ball, e.g. bounce with the left hand and catch with the right; bounce with one hand and catch with two. After some time, invite pupils to practise from a standing position.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • While sitting bounce the ball on ground, quickly sit up on your knees before catching • While sitting bounce the ball on ground, quickly get to your feet before catching • As an alternative to a ball use rolled up socks, a teddy or a pillow. Instead of allowing these to bounce, throw in the air and catch before hitting the ground. | | | | | | |
| <p>Home Challenge</p> | <p>Use a bucket, washing basket, box or shopping bag to catch a ball thrown by a member of your family. The ball may be thrown off a wall and then caught or thrown directly to be caught. Practise on your own by throwing a teddy in the air and catching using one of the objects listed above.</p> | | | | | | |
| <p>PE Journal</p> | <p>In your PE journal, list five everyday activities or sports that involve catching. Draw a picture of your favorite activity that involves catching.</p> | | | | | | |



▶ [Scan here for video](#)



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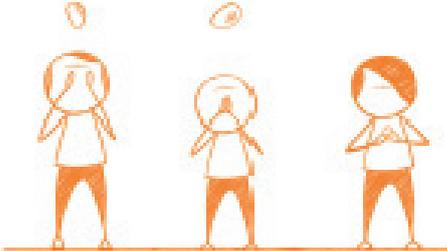


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Home Activity B

| | | | | | | | |
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| <p>Warm Up</p> | <p>Boats and Crabs Sit in a boat balance position with your bum on the floor and feet off the ground. Get a plastic shopping bag/scarf or make it more challenging use a beanbag (use a sandwich bag and rice to make your own). Use one hand to throw the object over your belly and across your body (the boat). Attempt to catch the object with the other hand. How many catches can you get in an assigned time period? o add further challenge, complete this activity in the crab position with your belly facing upwards and your arms and legs used to support your bodyweight.</p> | | | | | | |
| <p>FMS Focus</p> | <p>Today when throwing focus on...</p> <table border="1" data-bbox="256 689 1524 947"> <tr> <td data-bbox="256 689 687 947"> <p>Only use hands to catch and hold the object</p> </td> <td data-bbox="692 689 895 947">  </td> <td data-bbox="900 689 1331 947"> <p>Cup and relax hands including fingers to receive the object</p> </td> <td data-bbox="1335 689 1524 947">  </td> </tr> </table> | | | <p>Only use hands to catch and hold the object</p> |  | <p>Cup and relax hands including fingers to receive the object</p> |  |
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| <p>Throwing Practise</p> | <p>Catch it if You Can!</p> <p>Description of Activity Invite pupils to find a space in the playing area where they are not in contact with anyone else. Give each pupil a beanbag and invite them to practise throwing it up in the air and catching it while standing still. Include some of the following challenges:</p> <ul style="list-style-type: none"> • How many catches can you count before the beanbag drops? • Can you clap before catching the beanbag? • Can you clap under your leg before catching the beanbag? • Can you turn around before catching the beanbag? <p>Invite pupils to walk around, still throwing the beanbag up in the air and catching it. Pupils count how many catches they complete while walking. Continue to provide instructions for challenges before the catch such as clap hands, click fingers, touch the ground, turn around etc.</p> <p>Variations:</p> <ul style="list-style-type: none"> • As an alternative to a ball use rolled up socks, a teddy bear, balloon, plastic shopping bag or a pillow. • Throw the object in the air, quickly sit down and stand before catching the object • Throw the object in the air, run to a designated point nearby and back before catching  | | | | | | |
| <p>Home Challenge</p> | <p>Homemade basketball hoop catching challenge With the help of an adult, create an indoor basketball hoop by cutting all of the flaps apart from one off a cardboard box. The remaining attached flap is placed on top of an open door, before the door is then closed to keep the box in place. Using a pair of socks one person attempts to throw in the hoop you have created from a distance. The other person attempts to catch the rebounds from the throws before the object touches the ground.</p> | | | | | | |
| <p>PE Journal</p> | <p>In your PE journal, write down any differences you encounter when catching balls of different sizes. Which is most challenging, which is easiest and why?</p> | | | | | | |



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Home Activity C

Warm Up

Catching challenges

- While standing, bounce a ball, spin 360 degrees and catch the ball again.
- While standing, bounce a ball, touch the floor with 2 hands and catch the ball

Allow 2-3 bounces at the start before progressing to one bounce only. Vary the height of the bounce by using stronger and stronger bounces.

- Place a beanbag on top of a larger bouncy ball (e.g. basketball). Allow the ball and beanbag drop and bounce together. Attempt to catch the beanbag as it hops off the ball before it touches the ground.

Balance a rolled up pair of socks on one foot. Flick the socks up in the air using your foot and attempt to catch. Alternate between legs used and the height of the flicks. Do this standing up and sitting down.

FMS Focus

Today when throwing focus on...

Bend elbows when catching



Throwing Practise

Sevens

Description of Activity

Arrange pupils in pairs (A and B) and allocate three metres of wall to each pair. Pupil A performs the activity while pupil B counts for them. The aim of the activity is to throw a tennis ball against the wall and catch it to complete the following challenges.

- 7: throw a tennis ball against the wall and catch it seven times.
- 6: throw the ball so that it first hits the ground then the wall and catch it six times.
- 5: bounce the ball five times on the ground without stopping.
- 4: hold your leg up and throw the ball underneath so it bounces off the wall and catch it four times.
- 3: throw the ball against the wall and as it comes back pat-bounce it three times. Repeat three times.
- 2: throw the ball and clap in front, behind and in front again before re-catching. Repeat twice.
- 1: throw the ball, turn a full circle and catch the ball.

Each time a pupil drops the ball sequence it is their partner's turn. Pupils take up where they left off on the next attempt.



▶ [Scan here for video](#)



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Home Activity C (Continued)

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|--------------------------------------|--|
| Throwing Practise (continued) | <p>Variations:</p> <ul style="list-style-type: none">• As an alternative to a ball use rolled up socks, a teddy bear, or pillow• Move closer or further away from the wall• Complete an action while waiting to catch (e.g. throw, star jump, catch)• Throw the ball slightly to the left or right and move to catch• Use two balls with one in each hand. Throw at the same time and catch one in each hand• Using two balls, throw ball A, while waiting to catch ball A throw ball B before then catching ball A. Continue the sequence |
| Home Challenge | <p>Bottle bash catch</p> <p>Play bottle bash catch with a family member. Place a plastic bottle on the edge of a table or a raised surface. One person uses a catching object (e.g. socks) to try and knock the bottle off the table on to the ground. The other player attempts to catch the bottle hit before it touches the ground. Players receive a point for every successful catch.</p> |
| PE Journal | <p>Design your own catching challenge. Describe the catching challenge in your PE journal and ask a family member or friend to complete your challenge.</p> |



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