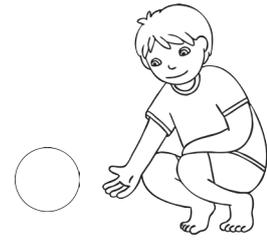


# Throwing and Catching Activities

1. Try rolling objects and stopping them dead with your hand. Can you use the right amount of force to get them to roll to the right distance.



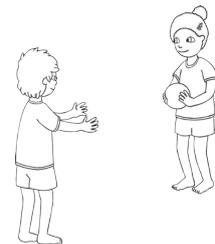
2. Practise bouncing a ball on the ground. Can you bounce it back down with your fingertips? Bounce the ball high enough so that you can see it without looking down.



3. Practise catching. Try cupping your hands at the side of the ball. Point your fingers upwards and your thumbs towards the body, behind the ball. Jump to reach the ball and quickly bring the ball into the body.



4. Practise throwing and catching with a partner. How far can you throw the ball? Can your partner catch it? Try running about while you throw and catch.



5. Practise throwing overarm. Choose a throwing arm. Point your shoulder at the target. Stand with the opposite foot to your throwing arm forward. Face to the right if you are throwing with your right hand and the left if throwing with your left. With the ball in your throwing hand, point the other hand at the target and bend the hand back with the ball at the shoulder. Bring the ball overhead and swivel on your back foot as you turn your body to face the target. Bring the ball over your head and release the ball with a push. Continue to move the throwing arm down and across to your left hip.



6. Practise pitching a quoit. Hold the quoit with your thumb over the quoit and your fingers curled underneath and the forefinger extended down the outer edge. Stand sideways on to the target, bend your knees and lean slightly forward. Bring the quoit into the waist with the wrist tucked in and release by flicking the wrist outwards.

