



Handy Harry adores throwing and catching anything! Have a look through all the balls in the middle – what's your favourite thing to throw and catch with your friends or by yourself?

## RESOURCES

Beanbags

Grabby balls or covered balloons

Tennis balls

Dance scarves

Footballs

## TEACHING POINTS:

Demonstrate underarm throwing, swinging their arm back then forward and releasing the object. Encourage the children to explore all the resources before choosing their favourite.

## MAKING IT HARDER:

- Ask the children to explain why they have chosen each of the resources as their favourite for throwing and catching on their own and in a pair.
- When they throw the object up can they fit in any claps before they catch it again?

## MAKING IT EASIER:

- Remind children to stand less than 2m apart when throwing and catching in pairs
- When the children are throwing up on their own encourage them to keep looking at the object with their hands cupped below it ready to catch.

## LINKS TO THE EARLY LEARNING GOALS:

PD, M&H - Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

UW, W – Children know about similarities and differences in relation to objects