



Month 5: Catching, Throwing and Kicking

School Age

Circle Round Now!

Have all the children form a circle. Based on the area being used you may wish to split the group into several parts. With a ball (6"-10" diameter) designate a starting player. Have her pass (kick) the ball to another individual in the circle. That individual must stop the moving ball by placing her foot on top of the ball or in front of it. Continue passing the ball back and forth including the entire group of participants in the circle.

Handball

If space is available (gymnasium) this game can be fun!!! You will need 2 cones, two small balls (tennis), and a squishy (4"-6" diameter) ball. Place on either end of the gymnasium in the center of the key a cone with a tennis ball balancing on top of it. Split the group into two teams. The object is to pass the ball around with your teammates making your way to the other teams' cone and eventually throwing and knocking off the tennis ball. As soon as a player catches the ball he/she must stop moving and pass the ball off, he/she is then able to run again.

Soccer

Split the group into two teams. Like the handball game, use cones with tennis balls on top as goals. For the game ball, use a softer, squishier substitute compared to a soccer ball. Encourage everyone to kick and pass the ball!!

Animal Chase

Have the children sit or stand in a circle. Start by passing a stuffed animal (or bean bag) to one child. The animal is then passed around the circle from the child to child. While the first animal is going around, another stuffed animal is introduced. The object of the activity is for the second stuffed animal to catch the first. More than two animals can be introduced. For higher difficulty have the group take several steps back so the animal must be tossed between the participants.

Beanbag Fun!!

Scatter some targets in an open area. These targets can vary in size and shape (hula hoops, boxes, etc). Place them in an array of different distances to increase difficulty. Each child should have a beanbag take their place in a line. For competition (and to work on math skills) you may offer point values to each target (higher points for greater difficulty). Have the child attempt to toss the beanbag into one of the targets; he/she can retrieve it and line-up again.

One Kid, One Ball

These skills can be practiced with only one child, a wall, a solid floor, and a tennis ball.

- How many times can the child toss the ball into the air and catch it with both hands? With left only? With right only?
- How high in the air can the child toss the ball and still catch it?
- Try tossing the ball up with the left and catching with the right hand. Then toss up with the right and catch with the left. How many times can your child do this before dropping the ball?
- How many times can the child bounce the ball off the ground and catch it with both hands? With left only? With right only?
- Try throwing the ball to the floor with the right hand and catching with the left. Then reverse to throw to the floor with the left and catch with the right. How many times can the child repeat this before dropping the ball?
- How many times can the child bounce the ball off the wall and catch it with both hands? With left only? With right only?
- How far can the child move away from the wall and still bounce and catch the ball?
- Can the child dribble the tennis ball using his right hand? Left hand? Can the child dribble the tennis ball switching between his right and left hands? How many times?

Bridge Ball

Players are in a circle formation, facing in. Each child is in wide straddle step with the side of the foot against the neighbors. Their hands are on their knees. 2 balls are used. The object of the games is to throw one of the balls between the legs of any player before they can get their hands down and stop it. Be sure the players catch and roll the ball rather than bat it. Players must keep their hands on their knees until the ball is rolled at them.

Five Pin Soccer

Place teams at opposite ends of a gym or field. Place 5 2L plastic soda bottles in the centre of the field (a little gravel in the bottle helps it to stand up and creates more noise and excitement when hit). At the start signal, players kick balls from behind their line trying to knock down a pin. The player who knocks down a pin must run out and set the pin back up.

References:

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