

Objective

By the end of this lesson, the student will be able to throw and catch a ball with improved coordination and accuracy.

Materials and Prep

- A soft ball or beanbag
- An open space with enough room for throwing and catching

Activities

- Activity 1: Throw and Catch with a Partner

Stand facing your partner and take turns throwing the ball to each other. Start with short distances and gradually increase the distance as you get more comfortable.

- Activity 2: Target Practice

Set up a target (could be a hula hoop or a bucket) a few feet away. Take turns trying to throw the ball into the target. See how many successful throws you can make!

- Activity 3: Catch and Drop

Stand a few steps away from a wall. Throw the ball against the wall and try to catch it as it bounces back. If you catch it, drop it and repeat the process.

Talking Points

- Throwing and catching are important skills for playing many sports.
- When you throw, use your arm to swing the ball forward and let go at the right moment.
- When you catch, keep your hands ready and try to catch the ball softly with your fingers.
- Practice makes perfect! The more you practice, the better you will get at throwing and catching.