

KINDERGARTEN & GRADES 1 & 2

Lesson 2

Lesson Objective:

- Catching, absorb the ball when catching it.

Equipment Required:

- Soft/foam/wiffle balls



Safety Considerations:

Check the playing area for any hazards. Make sure the students are dressed properly for active movement. During game activity, instruct the students to throw the balls in the proper direction and not at other students. When the students retrieve balls, make sure they are careful not to be hit.

Entry Activity:

Have each student with a ball in their hand, toss the ball underhand 2 to 4 feet in the air above them. The students should catch the ball with two hands, pulling hands towards the body (ideally chest).

Have the teacher line up all the students around the entire gym, 5 feet away from the wall. Space the students out properly. Tell the students to throw their ball against the wall. The students should then attempt to catch their ball using two hands and pulling the ball into their chest.

Skill Development:

The teacher should first show the students the skill prior to asking students to complete an activity/game. Some students learn by seeing others do a skill first. The teacher should move around the gym so all students feel supported in skill development. Show the students that if a thrown ball is low or rolling on the floor, it is best to bend at the knees instead of the back to catch the ball.

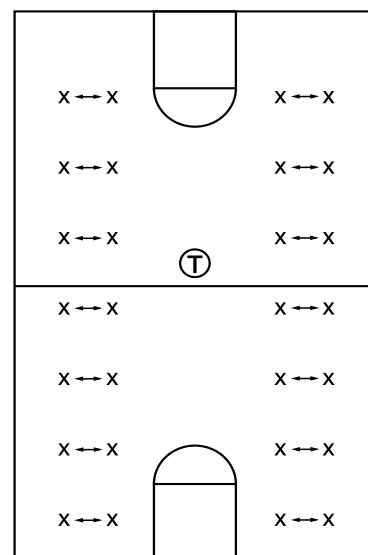
Game 1:

In partners, with 1 ball, position the students standing 1 foot apart, facing each other. The students then take turns tossing the ball underhand to their partner and their partner should catch the ball with two hands. When both students have successfully caught the ball, they each take a small step back and continue the game. If the ball is dropped, both students must take a small step forward, never getting closer than 1 foot apart. The object of the game is to reach a distance of 5 feet apart.

If a few groups finish before the others, mix those groups up and have them start again.

LEGEND

X STUDENTS
 T TEACHER
 ↓ DIRECTION OF MOVEMENT



Game 2:

In groups of 2, with each student having a soft ball, position the students 5 feet apart. Have both students sit on the floor. When directed by the teacher, have each student roll a ball to their partner at the same time. Upon properly catching the ball, next have the students bounce the ball towards each other. Once properly completed, the final progression is for the students to toss the ball underhand to their partner. Once all three items are completed, have the students move to a kneeling position knees and continue the 3 parts of the game. Once the students are completing proper catches at this stage, continue on to kneeling on one knee (same side knee as throwing arm). Once students accomplish this, move them to their feet and continue the final portion of the game.

The goal is to get to your feet and complete all 3 parts prior to a set time from expiring. Switch partners and try again.



Focus Points:

- Catch with two hands
- Bend at the knees if ball on ground