

# Spar Lancashire School Games

## Learn!

### Skill 5: Catching & Receiving


**Aim:** To develop the skill of receiving and catching

[Video Demonstration](#)

**Task 1:** Complete the below activity throwing with one hand and catching with 2 hands

**Task 2:** Complete it again but try catching with 1 hand.

**Practice makes perfect - play the following game with parent, carer, sibling**

Skill/Skills	Activities	How to Play	Equipment
Catching	<p>Singles Catching</p> 	<ol style="list-style-type: none"> <li>1. On your own, find a suitable space and practice throwing a ball above your head and catching again.</li> <li>2. Palms always face the direction the ball is coming from.</li> <li>3. Throw the ball out in front of you and watch it into your hands. Make sure little fingers are overlapping.</li> <li>4. The higher you throw, the harder it is.</li> <li>5. How many times can you do it without dropping?</li> <li>6. To make it harder, try catching with one hand or changing the size of the ball/object you are using. If it's bigger, you will need to slightly change your hand shape, so it does not bounce out your hands. Expand your fingers and touch little finger ends together.</li> </ol>	<p>Something to throw and catch</p> <p>ball/soft toy/toilet roll/rolled up socks</p>



### Points to help improve catching

Always watch the ball

Hands and/or fingers need to be touching to create a “net” under the ball

Hands are different for different sized balls

Once the item is in your hands bring it in to your chest.

**Now you have practiced this skill why not try out our Challenge!**

**Click here to be taken to the [Challenge Resource Card](#):**



# Spar Lancashire School Games

## Year 1 & 2 Challenge!

### Linked to Learn! 5 - Catching

You have been busy practicing your catching. Are you ready to take part in our challenge?

### Cobra Catch

How many times can you throw a ball against a wall and catch the rebound in 30 seconds?

#### You will need:

Tennis ball or larger ball

A stopwatch/phone

#### How to:

- Find a suitable wall and mark out one big stride away from it.
- Facing the wall, standing next to your marker, see how many times you can under arm throw the ball against the wall and catch the rebound.
- Keep repeating, see how many times you can successfully catch your ball in 30 seconds.
- Doesn't matter if you drop the ball, just keep going.
- See if you can beat your first attempt
- See if you can beat your parent, carer or sibling



### Video Demonstration