

# Throwing and catching at home

## Learning Intention:

To provide families with practical and enjoyable fundamental skill activities that can be done at home and continue to consolidate underarm and overarm throwing techniques.

1. **START WITH A WARM UP OF YOUR OWN OR ONE FROM THE WARM UP SHEET . MINIMUM 10 MINUTES**
2. **CHOOSE 1 ACTIVITY OT MORE FROM THE GRID.**
3. **STRETCH AND RELAX , SEE SHEET.**
4. **HAVE FUN AND STAY SAFE,  
WE MISS YOU!!**

## MAKE YOUR OWN EQUIPMENT:

- \* Newspaper/tennis balls /rolled socks
- \* scrunch newspaper and wrap sticky tape make about 40.
- \*Cones ( paper coffee cups, tinned cans, plastic cups, empty toilet roles)
- Balloons
- Skipping rope from plastic bags or old t-shirts.



**MONSTER BALLOON**



**BOWLING**



**CLEAN UP YOUR YARD**

# Warm up ideas

CHOOSE 1 PER SESSION, MIX IT UP



Do an exercise warm up with Sam Wood and his family on YouTube. Look up SamWoodTV and Live sessions.

Download the 'Zombie Run' App.  
Run around the block or the house.  
You need a grown up to give you permission for this one.

Choose a fun Pop song workout from Madfit on YouTube.

DO A SUPERHERO WORKOUT WITH GLENN HIGGINS

Teach your family how to play Bob-down-tiggy

EXERCISE EVERYDAY!  
TRY FOR 60 MINS. CAN BE BROKEN INTO SMALLER CHUNKS

Play Musical Statues

Check out PE with Jo Wicks on YouTube.

Skip for 5-10mins

Walk, run or ride around

GROSS MOTOR BINGO

Try one of Miss Physical Education's sessions on YouTube or Facebook.



# Gross Motor

B	I	N	G	O
SKIP FOR 30 SECONDS <small>NO ROPE NECESSARY</small>	20 HOPS ON LEFT FOOT	20 SQUATS	15 TOE TOUCHES	10 PUSH UPS
10 FROG JUMPS	20 SKI JUMPS	20 HIGH KNEES	10 BURPEES	20 ARM CIRCLES
1 MINUTE WALL SIT <small>HANDS ON HEAD</small>	WALK ON TIP TOES	10 HOPS ON THE RIGHT FOOT	30 SECOND CRAB WALK	10 GIANT STEPS
20 STAR JUMPS	5 KARATE KICKS	SPRINT 20 SEC	WALK ON YOUR HEELS 30 SECONDS	20 STEP UPS
20 SECOND PLANK <small>ON ELBOWS</small>	10 SUMO SQUATS. <small>LEGS WIDE</small>	25 JUMPING JACKS	10 SIT UPS <small>ARMS CROSSED ON CHEST</small>	YOUR CHOICE

PRINT OUT AN  
EXTRA COPY TO  
CUT OUT AND  
DRAW OUT OF A  
HAT.

BINGO IS  
ACHIEVED WHEN  
YOU GET 5 IN A  
ROW ACROSS OR  
DOWN THE  
BOARD.

Cut these activities out to pull out of a hat

B	I	N	G	O
SKIP FOR 30 SECONDS	10 HOPS ON LEFT FOOT	10 SQUATS	15 TOE TOUCHES	10 PUSH UPS
5 FROG JUMPS	10 SKI JUMPS	20 HIGH KNEES	10 BURPEES	10 ARM CIRCLES
1 MINUTE WALL SIT	WALK ON TIP TOES	10 HOPS ON THE RIGHT FOOT	CRAB WALK	10 GIANT STEPS
10 STAR JUMPS	5 KARATE KICKS	SPRINT 20 SEC	WALK ON YOUR HEELS	20 STEP UPS
10 SECOND PLANK	5 SPINS	25 JUMPING JACKS	10 SIT UPS	YOUR CHOICE





How do you feel after doing your warm up? Choose an option from the picture or write or draw your own.

Choose a family physical activity to do on the weekend.

1. What did you do?
2. How long was the exercise?
3. How did you feel after?

# THROWING AND CATCHING GRID

CHOOSE 1 ACTIVITY  
PER SESSION

<b>Balloon Tap</b> 1.How many times can you tap it in a row before it hits the ground? 2.How many claps/spins/push ups/sit-ups can you do before it hits the ground? 3. Q. Which one can you add of your own? A:	<b>Balloon Tennis</b> 1.Set up a net inside, can be a pillow or line of teddies or tape on the floor. 2. If the balloon touches the ground or does not go over the net it is the other persons point. Play first to 11. 3. Q. what rules did you add to your game? A:	<b>Clean up your yard</b> Have a line down the middle of the back-yard/hallway/etc.. Throw your rubbish (newspaper balls) onto each side need at least 20 per side. Set a timer for 2 mins. Team with the cleanest yard or least amount of balls after two minutes wins. Can be played with 2 or more people. Try it with your whole family.	<b>Step Back</b> With a partner or against a wall. Each time a catch off the wall or both you and your partner make a successful catch, take 1 step back. Measure with a tape measure how far you get after minimum 10 attempts. A:
<b>Individual Skills</b> Explore throwing and catching a small ball in their air or against an outside wall. Draw a target on a sheet of paper and stick to the wall. How many catches can you do with 1 bounce off the wall? How many catches can you do with no bounces off the wall ?	<b>Shrink and Grow</b> You can have partner or throw against a wall. Soft ball/ newspaper, rolled socks can be used with a partner. If you and your partner both catch it you stay standing. If it drops it you go down a level. Levels are standing– kneeling-sitting-lying. Then back up lying-sitting-kneeling– standing.	<b>Monster Balloon</b> You need 2+people . 1 Balloon in the middle and 2 marked lines, 1 at either end for players to stand behind. About 20 of the newspaper or other tennis size balls for each player. Aim : First to underarm throw the ball to hit the balloon over the other person's line. Next level– 2 balloons and overarm	<b>Basket Throw</b> On 5 pieces of paper write 10, 20, 30, 40, 50 and stick them on laundry baskets / toy baskets, tubs in numerical order. With 20 throws calculate how many points you got ? Now try and get 4 in each tub starting with 10 points tub.
<b>Angry Birds</b> Make some angry birds out of newspaper or balloons. Build connecting towers out of recycled materials and place angry birds on top. How many can you knock over in 1 go?	<b>Ten Cup Bowling</b> Set up cups/ toilet rolls/ empty tinned cans as skittles. Mark a line on the floor with tape or chalk if outside to stand behind. Using underarm throw technique. Record how many you can knock over in 5 attempts? Next level– move the line back 1-2m.	<b>Circuit– 3 mins each station</b> 1. Balloon tap 2. ten cup bowling 3. basket throw 4. step back 5. Throw and catch in the air. Add spins/claps/kneeling/situps/pushup.	<b>Ring Toss</b> Try making your own quoits out of paper plates, by cutting a circle out of the middle. The stands can be made out of toilet rolls/ hand paper towel rolls and sticking them on paper plates.

IF YOU HAVE ACCESS TO A PRINTER YOU COULD PRINT THIS GRID OUT AND STICK IT SOMEWHERE YOU CAN EXERCISE.

# Stretching and relaxation ideas



TRY THE SMILING MIND APP.  
GREAT FOR THE WHOLE FAMILY.

SEARCH FOR FITNESS  
BLENDER FOR EXERCISE  
AND YOGA

CHECK OUT  
KIDDING  
AROUND ON  
YOUTUBE

Zen out  
with Cosmic  
Kids Yoga  
on YouTube.



# Yoga for Kids

Swaying Tree



Chair



Airplane



Half Dancer



Forward Bend



Gorilla



Deep Lunge



Dragon



Twisted Dragon



Bird Dog



Pigeon



Dolphin



Cow



Cat



Side Plank



Half Camel



Half Boat



River



Lying Twist



Chill Pose



TRANSITION POSES:

Down Dog



Mountain



Table Top



Knee Stand



TRY HOLDING THESE POSES

STARTING WITH 10 SECONDS  
WORKING UP TO 30 SECONDS OR  
EVEN 1 MINUTE.

HOW DID YOU GO?

HOW DID YOU FEEL AFTER?



# Throwing techniques

## OVERARM TECHNIQUE

1. Show us your muscles (elbow up)
2. Point your other hand
3. Fire (Throw)
4. Hand with the ball finishes in your pocket



## UNDERARM THROW STANCE

