### **Throwing and catching**

### 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.



### at home

- 1. START WITH A WARM UP OF YOUR OWN OR ONE FROM THE WARM UP SHEET . MINIUM 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

**CLEAN UP YOUR YARD** 

Skipping rope from plastic bags or old t-shirts.



	Gross-Notor PRINT OUT AN					
B		Ν	G	0	EXTRA COPY TO CUT OUT AND DRAW OUT OF A HAT.	
SKIP FOR 30 SECONDS NO ROPE NECESSARY	20 HOPS ON LEFT FOOT	20 SQUATS	15 TOE TOUCHES	10 PUSH UPS	BINGO IS ACHIEVED WHEN YOU GET 5 IN A ROW ACROSS OR DOWN THE	
10 FROG JUMPS	20 SKI JUMPS	20 HIGH KNEES	10 BURPEES	20 ARM CIRCLES	BOARD.	
1 MINUTE WALL SIT HANDS ON HEAD	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 ON ELBOWS	10 SUMO SQUATS. LEGS WIDE	25 JUMPING JACKS	<b>10 SIT UPS</b> ARMS CROSSED ON CHEST	YOUR CHOICE		

Cut these activities out to pull out of a hat

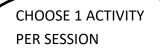
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1 MINUTE WALL SIT	WALK ON TIP TOES	10 HOPS ON THE RIGHT FOOT	CRAB WALK	10 GIANT STEPS
10 STAR JUMPS	5 KARATE KICKS	SPRINT 20 SEC	WALK ON YOUR HEELS	20 STEP UPS
10 SECOND PLANK	5 SPINS	25 JUMPING JACKS	10 SIT UPS	YOUR CHOICE



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.

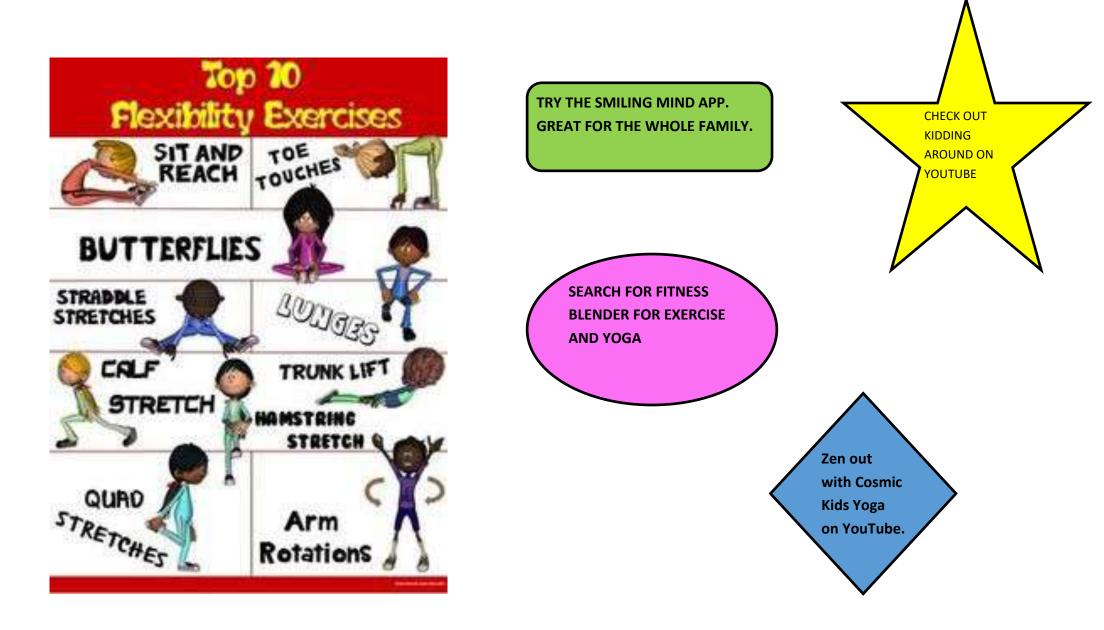
- 1. What did you do?
- 2. How long was the exercise?
- 3. How did you feel after?



Balloon Tap 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:	<ol> <li>Set up a net inside, can be a pillow or line of teddies or tape on the floor.</li> <li>If the balloon touches the ground or does not go over the net it is the other persons point. Play first to 11.</li> </ol>	<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 part- ner make a successful catch, take 1 step bac Measure with a tape measure how far you g after minimum 10 attempts. A:
ball in their air or against an outside wall.	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-	Monster Balloon You need 2+people . 1 Balloon in the middle and 2 marked lines, 1 at either end for play- ers to stand behind. About 20 of the news- paper 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	On 5 pieces of paper write 10, 20. 30, 40, 50 and stick them on laundry baskets / toy bas- kets, tubs in numerical order. With 20 throws calculate how many points
per or balloons. Build connecting towers out of recy- cled materials and place angry birds or top.	<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 tech-	Circuit– 3 mins each station 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 or 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 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



