

# SUPER TROOPERS

with



## Throw and Catch Games

Did you know that co-operative play is fostered by throwing and catching games? And, not only that, but they are a great way of developing physically active skills such as ball-handling, passing, receiving, and traveling! Below are some fun throw and catch game ideas for your pupils:

These games are ideal for an outdoor space like a back garden, and are meant to be played with family members. They can be played with any kind of ball as well!

### Clap and Catch (Circle Activity)

- › Children stand in one large circle. Older children can try this activity playing it in smaller circles.
- › One child begins by throwing the ball under-arm to another child in the circle. However, before they throw the ball, they shout out the number of claps the 'catcher' must do before catching the ball. Only allow 1 or 2 claps at the beginning of the game and then you can build up to include 3 or even 4 claps.
- › Children continue throwing and catching till everyone has had a turn.

Remind children to look at the person they're throwing to/receiving from

### Catch it if you can! (Pair Activity)

- › Ask each pair to face one another, standing a good distance apart.
- › One partner calls out a number corresponding to one of the types of throw listed below. The other partner must throw a tennis ball to them using the throw indicated.
- › The first partner catches the ball and then throws in return, while their partner must call out another number.

#### Instructions:

- 1 = under-arm throw
- 2 = chest pass
- 3 = over-arm throw

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### Step Away! (Pair Activity)

- › Ask each pair to face one another closely and then to take a step apart.
- › The children throw a ball under-arm back and forth 4 times, trying not to let it fall.
- › If they succeed, they take a step apart. Again, they throw the ball back and forth 4 times. If they let the ball drop, they must take a step towards one another again.
- › The aim of the game is to get as far away from one another as possible.

