

Foundation PE (Reception) - Catching

Home Learning Challenge Sheet

At school we are learning to catch different objects. Please help me at home. This is what we need to do to become good catchers.

Activities to Support Learning

Creative Catch

Play catch with anything soft you can find. A ball can often be scary when you are learning to catch. You could use a balloon, a tea towel, a scarf, a soft toy, a ball of wool or a screwed-up piece of paper.

Counting Catch

Using a soft object, count how many times you can throw and catch the object without dropping it. Record the result and keep trying to beat the score. This could be done with a partner or individually.

Clapping Catch

Try throwing and catching a soft object on the spot. Between throwing the object and catching it you should clap your hands. You must clap quickly to make sure you don't drop the object. You could do another action between catching and throwing e.g. spin round, jump, touch your toes.

Drop Catch

You will need a soft object and an adult to help you. The adult should hold the soft object above you. They should drop it just in front of you and you should try to catch it. Roll your ball onto the target – see how many points you can get.

How to Catch

1. Stand with feet slightly apart.
2. Watch the ball.
3. Get your hands ready.
4. Reach out to meet the ball.
5. Hold the ball tightly and bring it into your body.

You could take a photo or draw a picture of you practising the different activity to show us at school. You could tell us all about how you have improved your catching, throwing and rolling skills.

