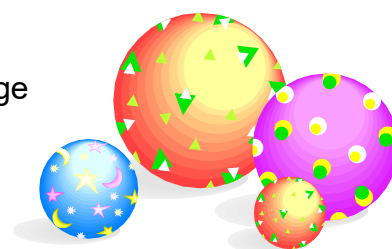


# Gross Motor Skills 2 - Activities to Promote Ball Skills: Catching and Throwing

Children enjoy ball play. It would be helpful to start with activities for 'handling and rolling' a ball, before progressing to 'catching and throwing'. Children with a physical disability may require any aid to support mobility, e.g. crutches, sticks, walking frame or wheelchair. It would be advisable to liaise with the child's physiotherapist for specific advice about the child's abilities.

## Resources:

Balloon ball, beanbag, chiffon scarf, lightweight football, sponge ball, tennis ball.



## What to do:

Chiffon scarf - scrunch the scarf into a tight ball, throw it up into the air. The scarf will float down to the floor, making it easier to catch.

Choose one of the resources, e.g. lightweight football.

Show the child how to toss the ball in the air using two hands, throw it close to where you are standing, then catch the ball again using two hands.

Encourage the child to toss the ball into the air and catch it when it falls.

Progress to using small equipment, e.g. beanbag, sponge ball, tennis ball.

## Extending the Activity:

Sitting on the floor, with legs apart - bounce the lightweight football then catch it as it bounces up.

Kneeling - try dropping the ball then catching as it bounces up.

Push pass - try to throw the ball towards a partner about 0.5m away.

Bounce the ball - to a partner standing 1m away.

Bounce the ball towards a wall - then catch the re-bounce.

Take turns with a partner bouncing the ball towards then wall then catching the re-bounce.

Standing - drop the ball then catch it as it bounces up.

Throwing a ball with one hand, catching it using two hands.



## Top Tips:

A chiffon scarf falls slowly, so is easier to catch.

Try scrunching up a small piece of bandage in one hand, then throw it up into the air.

Use a larger ball, e.g. lightweight football which is easier to see and catch, then progress to smaller balls, e.g. tennis ball which will fly faster.

