

Progressions: Catching

Individual

- Sitting - practice catching with a bean bag (doesn't roll away!)
- Resting on knee's - Practice catching with a bean bag
- Standing - Practice catching with a bean bag
- Sitting - practice catching with a medium sized ball
- Resting on knee's - Practice catching with a medium sized ball
- Standing - Practice catching with a medium sized ball
- Standing - Using two bean bags!

In Pairs

- Sitting - practice catching with a bean bag (doesn't roll away!)
- Resting on knee's - Practice catching with a bean bag
- Standing - Practice catching with a bean bag
- Sitting - practice catching with a medium sized ball
- Resting on knee's - Practice catching with a medium sized ball
- Standing - Practice catching with a medium sized ball
- Standing - Using two bean bags!

In a Small Group

- Standing in a circle, adult in the middle, practice catching with a bean bag
- Standing in a circle, adult in the middle, practice catching with a medium sized ball
- In a circle, no adult in middle, practice catching a bean bag
- Standing in a circle, no adult in the middle, practice catching with a medium sized ball
- Large group working in a set space, one child acts as the defender, the rest keep ball away from defender