

## Lesson 1 Catching skills

Total lesson time: 25 minutes

### Learning objectives

Children should learn:

- to develop the accuracy and consistency of their underarm throwing and catching skills
- to understand how a warm-up can help improve performance
- to recognise good performance
- to suggest improvements

### Learning outcomes

Children:

- throw and catch a ball accurately
- understand the importance of warming up
- recognise their own and others' strengths
- identify areas in performance that require improvement and suggest how they could fix this

### National Curriculum Programme of Study

- 1a consolidate their existing skills and gain new ones
- 4b to warm up and prepare appropriately for different activities
- 5b games activities

### Vocabulary

accuracy, body in line, catching, cupped hands, throwing, underarm

### Resources

markers  
tennis balls

### Warm-up 5 minutes

Organise the children into groups of five and ask them to stand one behind the other next to a marker. Give the first child in each line a tennis ball. Place another marker opposite each group at the other side of the playing area.

Now ask the children to move three paces apart. The first child throws the ball to the second child and then runs to stand behind the 100-child. As each team member receives the ball, they throw it to the next one in the line and then run to the other end of the line to receive the next throw. This continues until the team reaches point B.

The children must throw and catch along the line to their intended target. If they drop the ball at any time they must start again from point A.

