



Why does throwing and catching matter?



- Great to improve hand and eye co-ordination
- Foundation of many games, so you can join in confidently.
- When you're young it can help you write better (with fine motor-skills)
- It's great fun, competitive or not up to you.

Questions to ask the class



- Can you practice throwing and catching by yourself?
- Can you throw a ball against a wall?
- Did you know every time you practice it helps your whole body and mind?

Try these ...



- Can you throw a ball in the air and catch it? Try clapping your hands before you catch it or turning around.
- Can you bounce it, switch hands, walk forwards or backwards, turn around and keep bouncing?
- Can you throw and catch with a friend? Take a step back every time you catch it, can you add another ball?