

### Content outline

This activity aims to focus on refining the different ways to catch a ball, whilst independently applying an appropriate level of challenge

- Correct body position
- Positioning of hands
- Appropriate selection of each type of catch



### Space

- Increase the distance from the wall (to make the task more difficult)
- Decrease the distance from the wall (to make the task easier)



### Task

- How many catches can you complete within a 60 second time limit?
- Number the targets being used and complete the activity in a sequence



### Equipment

- Change size of ball
- To increase difficulty, use a smaller ball (Eg table tennis ball)
- To decrease difficulty use a bigger ball (Eg.a football or netball)
- For markers, you could use post-it notes, paper (attached to a wall with tape or blu-tac), or use chalk on an outside wall



### People

- If you have another person in your house, instead of using markers, they can instruct where the ball needs to be thrown (High, middle, low)

### Learning intention

#### Physical:

- To refine the technique of catching in a variety of contexts (low, waist height, and high), and catching whilst under pressure

#### Personal:

- Personal Challenge

#### Learning questions:

- Did your personal score improve throughout this activity?
- Explain how and why your score changed
- What would you do next time to attempt to improve your score?
- Why is it important to be an effective catcher in a game of rounders?
- Which position(s) is this skill most important? And why?



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education