

Grade Level: 3-5

Unit: Throwing and Catching

Lesson 2: Catching

Objectives

- Student will be able to demonstrate the critical elements of catching.
- Student will be able to reinforce the concept of absorbing the force of the object being caught.
- Student will be able to improve skills while working in a small group.

Standards

- Catches a gently tossed hand-size ball from a partner, demonstrating 4 of the 5 critical elements of a mature pattern MOSHAPE GLE S1.E16.3a
- Consistently catch a ball with bare hands, a glove or a scoop MOSHAPE GLE S1.E16.3b
- Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment. (closed skills) MOSHAPE S1.E16.4
- Catches with reason- able accuracy in dynamic, small-sided practice tasks MOSHAPE GLE S1.E16.5c
- Combines movement concepts (direction, levels, force, time) with skills as directed by the teacher or as is appropriate for the situation MOSHAPE GLE S2.E3.3
- Applies the concepts of direction and force in various activities (e.g. when striking an object with a short-handled implement, sending it toward a designated target) MOSHAPE GLE S2.E3.4b
- Applies the concepts of direction and force (e.g. to strike an object with a long-handled implement) MOSHAPE GLE S2.E3.5b

Key Vocabulary

- catch
- force

Equipment Needs

- Scoopers
- Foam balls
- Tennis balls
- flying disc

Set-up

- Activity area large enough for students to work in personal space
- Activity area stations

Safety

- Check activity area for obstacles or holes
- Partner is looking before throwing an object
- Instruct students to make eye contact and communicate with partners during skill practice

Warm Up

- Have students walk upon entering the gym for 1-2 minutes. Start music and have students progress to a jog for 2-3 minutes. Have students perform 1 strength exercise for each area of the body (upper, abdominal, legs) 1 minute wall-sit or lunges. 1 minute plank or curl-ups. 1 minute push-ups

Description: Random Object Catch

1. Review the 5 critical elements of catching
 - Extend arms outward to reach for ball.
 - Thumbs in for catch above the waist.
 - Thumbs out for catch at or below the waist.
 - Watch the ball all the way into the hands.
 - Catch with hands only; no cradling against the body.
 - Pull the ball into the body as the catch is made.
 - Curl the body slightly around the ball. (Specific only to certain catches.)
2. Random objects in a bucket (ex: yarn balls, foam balls, rubber chicken, etc...)
Students will work with partners partner space and take turns going to the bucket to choose a random object
Catch one object five times then choose a new item out.

Description: Catching Circuit

1. Set up 5 stations, students will work in pairs.
2. Students will spend 2-3 minutes at each station.
3. **Station 1** Partner throw and catch. Review critical elements of catching.
Station 2 Toss tennis ball or playground ball against the wall and catch.
Station 3 Partner throw and catch with scoopers.
Station 4 Partner throw and catch with discs.

Description: Chain Reaction

1. Students work in pairs, tossing and catching a random object while moving across the activity space towards a hula hoop goal.
2. The student may only move towards the goal when they are not in possession of the implement.
3. If an implement is dropped the partners must start over with that object.
4. If the pair reaches the hoop goal they earn a point designated by an item of choice (cup, beanbag, popsicle stick).

More Challenging

- Increase distance between partners.
- Use smaller objects to catch
- Introduce time limit on independent catches

Less Challenging

- Decrease distance between partners
- Extend the time on independent catches.

Assessment- Checklist. 5 critical elements of catching

- Extend arms outward to reach for ball.
 - Thumbs in for catch above the waist.
 - Thumbs out for catch at or below the waist.
- Watch the ball all the way into the hands.
- Catch with hands only; no cradling against the body.
- Pull the ball into the body as the catch is made.
- Curl the body slightly around the ball. (Specific only to certain catches.)

Self-reflection-think pair share. Rate your catching 1-5 (5 being the highest) How can you practice outside of class?

Cool Down/Review/Closure

At spots or personal space have students stretch pectorals with chest expansion. Next stretch quadriceps grabbing outside of foot. Share self-reflection with partner and teacher.