



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Catching

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Throw and catch to self	Using a ball of some sorts practice throwing a catching to yourself. (Count how many you can do in an amount of time) Aim for 5 catches in 2 minutes Aim for 10 catches in 2 minutes Aim for 15 catches in 2 minutes Teaching points (2 hands, eye on ball, hands together like cup, don't throw too high)	If 2 or more players have a competition who can do the most?	Ball	Maths
10 – 15 mins	Catching and moving	Same as the above but moving around. Walk Jog Other movements such as jumping, skipping, hopping etc.	If 2 or more players have a competition who can do the most?	Ball	Maths
10 – 15 mins	Throw/clap/catch	Similar to the above however try and clap a certain amount of times whilst the ball is in the air. Clap once Clap 3 times	If there are 2 or more players see who can do the most claps whilst ball in the air?	Ball	



		Clap 4 times			
10 – 15 mins	Catching off a wall	<p>Throw the ball against a wall and catch it again. (Count how many you can do without dropping it, if you drop it start from 0).</p> <p>Aim for 3 catches</p> <p>Aim for 5 catches</p> <p>Aim for 10 catches</p> <p>Teaching points (same as above, use feet to move to where ball is, have solid base).</p>	<p>If there are 2 or more players, then take in turns to throw against wall.</p> <p>Or don't use the wall and throw and catch between each other.</p>	Ball Wall	