

Play-based learning at home

Why a throwing and catching experience?

Throwing and catching a soft ball with your child can be a simple and fun activity. Throwing and catching assists with hand-eye coordination.

Throwing and catching also helps to develop:

- Fine motor skills by controlling the small muscles in the hand and fingers needed for specific movement.
- Play and movement helps children experiment and learn through repetition gaining experience from doing, refining and developing skills.
- Opportunity to understand practice helps children to progress with their throwing skills
- Gross motor skills involving use of various parts of the body at the same time.
- Sensory skills by observing the ball flying through the air.

Here's what you'll need:

- Soft ball, socks rolled up in a ball or a small bean bag.

Throwing and Catching Experience

How to start:

- Prepare for the activity by talking to your child about different ways to throw a ball. Starting with underarm and outlining with practice they can progress to overarm throwing.
- Talk about how the ball flies through the air and how you can decide if the ball moves slowly or quickly through the air.
- Talk about watching the ball in preparation to catch the ball. Demonstrate by putting your hands together to allow the ball to land in your hands.

Here's how to do it:

- Demonstrate an underarm throw to your child and encourage your child to throw underarm.
- Stand close together and practice throwing underarm and catching at a close distance.

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Here's how to do it:

- Move further apart and talk about how the ball is in the air longer, highlighting the need to wait longer to catch the ball.
- Count how many times you can pass it between each other without dropping it. Increase the space between both of you as you throw.
- Demonstrate throwing the ball up against a wall to your child and try to hit the same spot. Encourage your child to throw against the wall and count how many times they can hit the same spot.
- Put a basket or box across the room and see how many times your child can get the ball in the basket/box.
- Go outside and demonstrate throwing the ball as high as you can in the sky. Encourage your child to throw the ball high telling them to watch the ball as it falls to catch in their hands.
- Demonstrate to your child how to throw overarm and practice by repeating the activities while throwing overarm.

