

## Fundamental Movement and Ball Handling Skills: Throwing and catching

*Fundamental movement skills are a specific set of skills that involve different body parts such as feet, legs, trunk, head, arms and hands. In this instance, our concern is with the development of ball handling skills. They are amongst the skills required as the basis for more complex and specialised skills that pupils will need throughout their lives in order to participate in a wide range of physical activities.*

### Objectives:

To introduce pupils in throwing and catching skills performing at individual level improving their eye-hand coordination skills

**Duration:** 20-30 minutes

**Material/equipment:** Pupils are encouraged to perform the throwing and catching tasks using a variety of balls including: basketballs, volleyballs, small plastic balls, tennis balls, foam balls, bean bags

### Description of the activity

Pupils use an underhand motion to throw vertically a plastic ball (or other type of ball) and then catch it. The following throwing and catching tasks can be used:

- Throwing and catching with two hands from static position
- Throwing with one hand and catching with two hands
- Throwing with two hands and catching with one
- Throwing with one hand and catching with the same hand
- Throwing with one hand and catching with the other hand
- The above tasks are performed with pupils trying to clap their hands one or more times when the ball is in the air
- The above tasks are performed with pupils trying to perform an extra task (e.g., perform a jump, spin around) when the ball is in the air

The above tasks can be performed with pupils stepping ahead

Pupils should be guided to adjust the height of their throws to guarantee their successfulness and then to try more challenging throws

Key teaching points and cues for assessment

Ref: <https://sportnz.org.nz/assets/Uploads/attachments/managing-sport/young-people/fundamental-movement-throwing-1-of-2.pdf>

Links:

- <https://sportnz.org.nz/assets/Uploads/attachments/managing-sport/young-people/fundamental-movement-throwing-1-of-2.pdf>
- <https://goodhabitsforlife.act.gov.au/kids-at-play/fundamental-movement-skills-fms-1>
- [http://ccea.org.uk/sites/default/files/docs/curriculum/area\\_of\\_learning/physical\\_education/FMS\\_teacher\\_guide.pdf](http://ccea.org.uk/sites/default/files/docs/curriculum/area_of_learning/physical_education/FMS_teacher_guide.pdf)

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