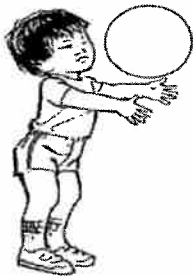




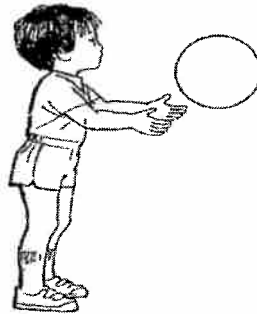
George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

SKILL: CATCHING



Emerging:

- may turn the head away from the ball, and will have arms too far apart to cradle it
- encourage looking at ball
- large and light balls are easier to catch and reduce a fear of catching (beach ball, balloons)
- have arms close to the body ready with elbows bent and palms up
- start with short distances



Developing:

- watches the ball and will cradle the ball by closing arms around the ball on contact
- encourage reaching towards the ball
- close hands and arms around the ball
- a large bounced ball is easier to catch
- at 4 to 4 ½ years, catches a large bounced ball with 2 hands



Mature:

- reaches for the ball and uses the hands and arms, pulling the ball into the chest to trap it
- throw the ball just out of reach to encourage movement towards the ball
- work on catching smaller balls (e.g. tennis balls)
- at 5 to 5 ½ years, catches a bounced tennis ball with hands

Games to help your child learn to catch

- **Bouncy Ball** – have the child drop a ball, let it bounce once and catch it, try two or one hands and different size balls
- **Catch Time** – have the child catch with different items, such as a bucket, plastic scoop or Velcro glove
- **Rocket Launch** – create a launch board with a piece of plywood and a stick or can placed underneath; place a small ball or bean bag on the end of the board, have the child step on the other end to catch the launched object