

# As they progress Manipulative

# Catching an Object

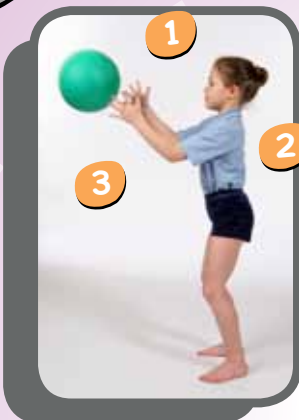
Catching is receiving an object with hands. It involves the child visually tracking the object in flight and moving into a position to collect the object safely without dropping it. Catching is important in many major games, e.g. cricket, baseball, rounders, netball, basketball and rugby.

1 Watch the object

2 Move the body so that it is in line with the object

3 Reach the arms and hands towards the object

4 Watch the object and adjust hands to catch it



5 Present a large surface area in the 'ready' position (fingers spread and soft, hands in cup formation)

8 Receive with some give in the hands and arms, bringing the object close to the body

7 Hands and fingers close around the object

6 Catch the object in hands only – do not use the chest to secure an object

## If you see...

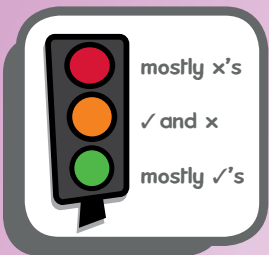
Observation	Likely cause	Solution
'Flaps' or grabs at the object	Scared of the object, or eyes are closed	Watch the object into hands. Keep eyes on the object. Use balloons/beach ball to build up confidence
Moves away from the object, puts hands up to protect face	Avoidance reaction: the child moves to protect their face	Explore balloons/beach objects to build up confidence
Catches the object into the body – 'scoops' or 'cradles' the object	Catches the object with the body and the palms of the hands face upwards	Use a balloon to successfully catch in hands
Misses the object	Hands are not held out in the 'ready' position. Not watching object	Start with hands out in 'ready' position in front of body, little fingers close together, palms facing each other and fingers pointing slightly to the ground
Bounces out of child's hands	Does not 'cushion' the ball on catching	Bring ball into body after catching
Responds slowly to the ball and misses the catch	Hands are too far apart	Feel the ball before catching it and keep hands in that shape/size ready to catch

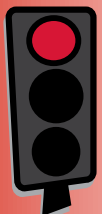
**Opportunity to develop:**  
 Coordination - Control - Manipulative & motor skills  
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play skills' section

**Safety!**  
 Ensure...  
 children's fingers are warm before attempting to catch an object

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## Catching an Object






- Blow bubbles or use a balloon so that children experience following and tracking an object
- Throw a balloon in the air and ask children to track the balloon and try to stop it hitting the floor by patting with both hands to keep in the air. Throw a balloon and attempt to catch it. Throw a balloon to a partner 2-3 metres away and catch it
- Throw a coloured scarf into the air and catch it on a part of the body, such as hand, head, foot or back

- Bounce a large ball to self and catch it after one bounce
- Practise catching a soft ball, 'cupping' hands under the ball
- Pass a ball from hand-to-hand, around the body
- Practitioner rolls a large ball sympathetically along a table. Child stands at the end and catches the ball when it falls
- Stand and face partner and give bean bag to partner; then try with a ball




- Practise 'M' formation, little fingers together, fingers pointing to the floor; hands underneath the ball for catches waist height and below
- Sympathetic feed from practitioner. Catch balls of different shapes, colours and sizes
- Throw a scarf to a partner to catch
- Throw a bean bag into the air and catch

- Practitioner throws a bean bag for a child to catch. Gradually increase the space in between thrower's and catcher's hands
- Throw a variety of balls sympathetically (either practitioner or a more skilful child) for a child to catch
- Practise with different sized, coloured balls



- Practise 'W' formation, thumbs together, fingers pointing upwards, hands behind the ball for catches above waist height
- Catch a ball over a greater distance
- Catch a ball that is high or low

- Throw a ball against a wall and then catch the rebound
- Move backwards/forwards/left/right to catch a ball
- Catch a smaller ball
- Catch a ball thrown at different levels – high, low



- Catch a ball standing on a line, on a beam, on a wobble spot
- Catch a ball thrown to your knees, above your head, away from your body, close to your body
- Catch a ball as above only using one hand to catch
- Catch and throw between you and your partner
- Catch and throw two balls alternately and simultaneously between you and your partner vary the ways you can do this
- Catch a ball dropped by your partner before it touches the ground
- Stand in wide ready position, hold a ball between your legs one hand front one back drop and catch the ball, switch hands to catch, with a bounce without a bounce
- Catch using any combination of the above from a wobble spot, using a variety of balls, using both hands alternately
- Catch a ball in response to a range of cues, use both hands
- Combine dribbling with hands, bouncing, catching, throwing and fast feet in response to a range of cues, following a range of pathways

- Can you see...?
- the child's feet moving in line with the object?
  - the child showing they can track the object?
  - the child's head staying still and the child watching the object?
  - the child reaching out with their hands to the object?
  - the child's hands adjusting to the path and size of the object?
  - the child catching the object in their fingers?
  - the child bringing the object into their body following the catch?
  - the child successfully holding the object and maintaining balance?