

# PE Learning Grid Term 3 Week 7 Year F-2

## Activity

**We are learning to:** Catch a ball with two hands, follow the ball with our eyes, create a scoop with our hands to catch the ball and absorb the force by bringing the ball towards our body.

**We are doing this because:** It will improve our ability to manipulate objects in games and develop our hand eye coordination.

**At the end of the session, success will look like:** Creating a scoop with both hands and bringing the ball towards the body.

Please start with activity 1 and progress onwards only once the student has mastered the first skill ☺ You might not progress to each activity and that's okay!

**Activity 1:** Students review the catch and scooping action as they underarm throw the ball or object to themselves above their head.

**Activity 2:** Students practice catching balls thrown in different directions where they must move to meet the ball for example students will run from marker to marker, receiving and catching a ball at each marker and moving on to the next.

**Activity 3:** Students practice ball tracking by playing keep up with a balloon and progressing to a light ball such as one made out of paper.

**Activity 4:** Students practice catching different sized objects such as socks, fruit and any other objects around the house.



**Please upload a video of the activity you progress to on Seesaw**

