

MINI MOVERS - WEEK TWO

Catch Hop Throw

Use of skills

Remember that when you planning around the 3 skills, it helps:

- you focus on observing and assessing these specific skills.
- you identify skills where children require additional support.
- you to develop new activities on a regular basis.
- children develop more and develop a wider variety of skills.

Using this Resource

1. Learn about each skill on page 2.
2. Print off flashcards on page 3 and 4 for the activities and to place around your setting. Use Mini Moves cards if you have them.
3. Plan activities based on the skills for your PE lessons, for daily activities and to send ideas home.

Activity Ideas

Suggestions when planning activities with the skills:

- Active stories – create your own or add to existing stories
- Dancing/movement to music
- Obstacle courses
- Games
- Combining two or all three moves to create new activities.
- Add skills to existing activities.
- Place the words or images of children doing the skills around your indoor and outdoor areas so that your children can try them in their own time (after you have shown them what the skills look and feel like).
- Share your weekly skills with parents, giving children more opportunity to develop the skills in different environments.

WEEK TWO SKILLS



Catch

Catching a rolling ball, a ball or object thrown or a bouncing ball.

Children progress from immature to mature abilities.

Progress from two handed catch, which includes the arms, of a large ball, to eventually being able to catch a small ball with just the hands.

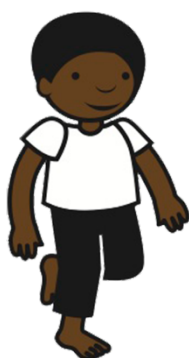
Method

Progression:

- 1.Children might initially turn their head away when they are first learning to catch. They will not make use of their hands to catch the ball. They will keep their arms straight until the ball makes contact and try to scoop it towards their chest.
- 2.Children will be less inclined to avoid the ball/object but might close their eyes. They will try to make use of their hands to catch the ball/object. Their arms will be slightly bent at the elbows, however will still try to scoop it towards their chest. They will not necessarily grasp the ball with their hands well.
- 3.Children will not try to avoid the ball/object and their eyes will track it. Their arms will bend as far as they need in order to catch the ball. They will grasp the ball with their hands with control.

Things to Try

- Catch a ball thrown a short distance
- Retrieve a bouncing ball and then sending it on,
- Receiving a given object/ball whilst walking and then twisting to a new position and sending on



Hop

Hopping is when children propel themselves off the ground with one leg. This is harder than jumping, as they will require greater leg muscle strength and balance.

Method

Ask the child to hop on one leg, pushing with their toes, taking off and landing on the same foot.

Their supporting leg should bend on landing and straighten to push off.

Start by holding child's hand to support them and encourage small hops on the spot. Eventually they should be able to hop in different directions.

Things to Try

- Suggest that children hop from lily pad to lily pad to avoid the crocodile
- Encourage children to hop fast, slow and in different directions, etc.



Throw

Children will progress from passing a ball with two hands to throwing underarm.

Progression:

- Hold a ball/object with two hands
- Push a ball/object along the ground
- Roll an object along the ground
- Move a ball along the ground around the body
- Bounce a ball with two hands and then with one hand
- Give an object/ball to another person with two hands from the chest, one hand from the shoulder
- Give an object/ball to another person with one hand from the shoulder
- Give an object/ball to another person underarm with one hand
- Throw an object/ball to another person with two hands from the chest, one hand from the shoulder
- Throw an object/ball to another person with one hand from the shoulder
- Throw an object/ball to another person underarm with one hand
- Throw a ball over arm with one hand aimed at a specific place or person
- Throw a ball over arm with one hand aimed at a specific place or person whilst traveling

Hop



Throw



Catch



Hop

Throw

Catch