

TOSS & CATCH

Goals: Children will practice tossing and catching and using their eye-hand coordination while trying to maintain personal space.

Fundamental Movement Skills: Object Control—throwing, catching

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Juggling/activity scarves
- Upbeat music

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 62.

How to Play:

- Children will toss and catch an activity/juggling scarf.
 - *“Now we will pretend that our paint brush is a frog, who is just learning how to jump.”*
- Demonstrate tossing and catching the scarf. Toss a scarf over your head and catch it, while staying on your spot. Invite children to do the same when you start the music.
 - *“Watch my feet as I toss the scarf. Are they moving much? No, because I’m staying in my bubble! Now you will do the same, but you have to stay in your bubble, otherwise it will pop!”*
 - *“When you hear the music, start tossing and catching your frog.”*
- After tossing and catching for several seconds, ask children to drop and catch their “frog” (scarf) instead. Demonstrate this first.
- After dropping and catching for several seconds, ask children to try tossing their “frog” and catching it with a different part of their body (arm, shoulder, knee, head, etc.). Demonstrate this first.
- When finished, collect scarves and ask children to sit.
 - *“Take your scarf in your hand and hold it straight over your head. When I take your scarf from you, please sit down crisscross applesauce on your spot.”*



Extending the Game: Two Scarves

Once children get the hang of this activity, OR for older children, give them two scarves to toss and catch at the same time.



Throwing Practice with Scarves

Activity scarves are great for teaching young children how to throw safely. They can be thrown very hard without damaging furniture or hurting others. Encourage children to throw scarves as hard as they can, helping them learn the difference between hard and soft.