

## Activity Ideas for the Playground Throw & Catch Skill Builder



The set includes six coloured Throw and Catch Skill Builders with matching airflow balls. The varying size holes (4, 6, 8 and 11cm) cater for different skill levels and challenges.

There are many games you can play with the Throw and Catch Skill Builder, and these can be enjoyed indoors or outside. Below are some ideas to get you started.

All the games can be played with the ball attached, saving time on retrieving the ball or losing the ball, or by detaching the string. This will allow the ball to be thrown higher, increasing the skill level required to catch it.

The games can help to develop essential ball skills, help improve hand-eye coordination, and build techniques and confidence with throwing and catching.

We hope you enjoy using the Playground Throw and Catch Skill Builders. If you have any great ideas for using them, please get in touch, we'd love to hear from you.



## Making it inclusive

- The game presents a succession of progressively harder tasks to keep children of all ages energised and challenged.
- The varying hole sizes (4, 6, 8 and 11cm) cater for different skill levels, promoting continuous improvement and engagement.
- The ball is attached with an 80cm string cord that can be removed to give flexibility for a range of games and challenges.
- The handle has a grooved design for a secure grip to ensure ease of use during play.



## Build Skills

- **The grip-** Hold the handle and keep the wrist firm to maintain control when you swing the apparatus.
- **The swing-** Move your arm back. Then swing it forward quickly while taking a step forward with your opposite foot. At first practise releasing the ball without worrying about catching it.
- **The catch-** As the ball goes up track it with your eyes and try to catch it in one of the holes. Record your scores. Start slow and build up your skills.



# Activities for One Player



## Skills and Learning

- ❖ *Develop throwing, catching and aiming skills.*
- ❖ *Improve accuracy for throwing and catching.*
- ❖ *Develop hand-eye coordination.*
- ❖ *Learn to set personal challenges and enjoy keeping active.*



Start by gently swinging the ball up into the air. Track the ball as it goes up and catch it in one of the holes as it falls– any hole. As you get the hang of this try to catch the ball in a specific hole. The small hole at the end of the bat is the hardest one to catch with. The hole nearest the hand is the easiest and the ball should drop through (9cm ball and 11cm diameter hole). Try to get five catches in a row. Then challenge yourself to get five catches in each of the holes. Invent different ways to score. For example, adding or multiplying the first two holes you catch in. Can you beat your score each time or reach a target number?

Set different challenges. How many catches can you do without missing? How many catches can you do going in order from hole 4 to 3 to 2 to 1 and back the other way? What is your record for the number of catches? Vary the challenges to keep every child challenged and interested.

Use addition, subtraction, division, multiplication or call out fractions such as can you score half of four, a fifth of twenty, one third of six and so on. Encourage pupils to think about the quickest way to reach a given total like 11 by catching two balls in hole 4 and one in hole 3. Whereas a harder way to get there would be catching the ball eleven times in hole 1.

## Activities for Two Players



### *Skills and Learning*

- ❖ *Encourage interactive play and peer support.*
- ❖ *Apply teamwork and communication skills.*
- ❖ *Improve reaction time.*
- ❖ *Develop key skills useful for a range of sport games.*
- ❖ *Practise and develop throwing, catching and aiming skills.*



The same games as above can be played with two players but try making a collective total. Try a game of '21' and aim to end on this number. Introduce competition to race to get to the total.

Stand about 5 feet apart from a partner. Swing your ball towards them and your partner tries to catch it in their hoops. They then swing their ball back to you.

Detach the ball and get one child to throw the ball for their partner to catch. They can stand further apart as they get more proficient.

Get the children to invent their own games and challenges. Try catching the ball at different angles, levels and speeds. Time the activities and see how many catches you can achieve in one minute.

Have fun!