



# GAMES CARD

# 4

## Fun Catching Games

**Catching Variations** (♣/♠) – different types of balls, (even rolled up socks), one handed, one bounce, high balls, rolled balls, consecutive catches, bounced off a wall, thrown while catchers back is turned, turn quickly on command and attempt catch, vary distances

**Bean Bag Drop** (♣/♠) – Stand facing the child about 1 metre in front. Hold a beanbag in each hand at about eye height. Drop one, child tries to catch before it reaches the ground.

**Tricky Catches** (♣/♠) – Partners take turns throwing the ball up for themselves making up a tricky catch eg throw, clap twice, catch

**Hot Potato** (♣/♠)

**Step Back** (♣/♠) – Take one step back each time a successful catch is made. How far can you go?

**Spot the Difference** (♣/♠) – Thrower has three different balls or other objects to throw. Keep them hidden from partner. Throw one at a time. Catcher has to name the object before catching it for a point.

**Shrink and Grow** (♣/♠) – In pairs, take 10 catches in a row – take a step back, drop the ball once – go to one knee, drop twice – 2 knees, third drop – sit. Successful catch means person comes back up in reverse order.

**Sevens** (♣) – Throw a tennis ball against a wall and catch. Make up a sequence of ever more difficult throws and catches. First throw and catch do once, 2nd throw and catch do twice, continue until the 7th throw and catch which needs to be completed 7 times eg. 1 x 2 hands, 2x right hand, 3 x left hand, 4 x one bounce, 5 x 2 claps and catch etc

**KEY:** ♣ = can be played by one person, ♠ = needs more than 1 player, ♣/♠ = some equipment needed, • = organisation required, ♠ = can be played inside