

Ball Skills

(Throwing and Catching)

Strategies to try:

- Start with a balloon, juggling scarves or a large ball as they move slower, swap to a small ball to make it harder.
- Use different textured balls e.g. soft ball or beanbag.
- Progress from static to more dynamic activities.
- Encourage your child to watch the ball and have their hands ready to catch.
- Start with underarm throwing, then progress onto a chest pass and over arm throwing.
- Increase the distance / height gradually during catching and throwing games and between targets.
- Start with large targets and reduce these as skills develop.

Playing ball games can be a complex skill and needs lots of practice. Children need plenty of opportunities to play with a variety of balls to succeed. With time and support you can help build your child's confidence in preparation for PE sessions, playground games and team games (such as netball, football, rugby and basketball).



- Rolling/stopping a rolled ball sitting or kneeling on floor.
- Throwing/catching balloon or beach ball.
- Throwing/catching a large ball with a bounce.
- Throwing/catching a large ball.
- Throwing/catching a beanbag.
- Throwing/catching a small ball with a bounce.

- Throwing/catching a small ball without a bounce.
- Hitting a stationary ball, using hand and then moving on to using an object, e.g. cardboard tube, bat.
- Hitting a moving ball with your hand and then an object, e.g. bat, racket.
- Participating in racket or ball sports e.g. tennis, basketball, football.