

6 BASEBALL CATCHER

Years 5&6 / P6&7: Bounce & Catch

Activity Challenge

- Place 2 throw down lines 2m apart
- Pupils work in pairs and start facing each other on opposite lines
- Pupil 1 starts with a cone in each hand
- Pupil 2 starts with a ball
- Pupil 2 throws the ball underarm to Pupil 1
- Pupil 1 lets the ball bounce before catching it using 1 of the cones (similar to if it is a baseball mitt)
- Pupil 1 sends the ball back to Pupil 2
- Pupil 1 should catch the ball in the cone on the corresponding side of the body i.e. if the ball is on their left they should catch with the cone in their left hand
- Pupil 2 counts how many times Pupil 1 successfully catches the ball in the cones

To make it harder

- Use 1 cone in the non-dominant hand
- Alternate catching with the dominant and non-dominant hand regardless of which side the ball is
- Catch the ball before it bounces
- Pupils stand further apart

To make it easier

- Use a bean bag
- Pupils stand closer to each other

Scoring

- How many catches can you complete in 1 minute?

Equipment:

- 1x Sponge ball
- 2x Cones
- 2x Throw down lines

