



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5–7) – 6 WEEK PROGRAMME

WEEK 3 – THROWING & CATCHING



DURATION

45–60 minutes



AGE

5–7 years



FOCUS

Develop underarm
throwing and
catching skills.



OUTCOMES

- ✓ Improve throwing and catching
- ✓ Increase accuracy
- ✓ Build hand-eye coordination
- ✓ Work with a partner

EQUIPMENT

- Beanbags
- Soft balls
- Buckets
- Hoops

10
MINS

WARM-UP – BEANBAG BALANCE

Children travel around the space
balancing a beanbag in
different ways.

- On their head
- On one shoulder
- On the back of their hand
- On their knee

Change direction and speed.

Who can keep their beanbag
on the longest?



15
MINS

SKILL ACTIVITY – PRACTISE & IMPROVE

Children work in pairs or small groups.

- ✓ Underarm throw to a partner
- ✓ Catch with two hands
- ✓ Bounce and catch
- ✓ Throw into a hoop/bucket (increase distance)
- ✓ Aim for accuracy



COACHING POINTS

- ✓ Step forward with opposite foot
- ✓ Swing your arm low to high
- ✓ Release the beanbag/ball towards your target
- ✓ Watch the beanbag/ball all the way
- ✓ Use two hands to catch

20
MINS

MAIN GAME – TARGET CHAMPIONS

Hoops/buckets are worth different points.
Children take turns to throw beanbags and
score points for their team.



CHALLENGE IDEAS

- Move targets further away.
- Smaller targets for more accuracy.
- Play in teams and keep score.



5
MINS

COOL DOWN

Partner stretches and breathing
to help our bodies recover.

- Arm stretch
- Side stretch
- Quad stretch
- Deep breaths in and out



REFLECTION QUESTIONS

- ? • What helped you throw accurately?
- ? • How did you help your partner today?
- ? • Which target was easiest/hardest to hit?
- ? • What can you do to improve next time?



DIFFERENTIATION

SUPPORT



- ✓ Use larger, softer balls
- ✓ Stand closer to target
- ✓ Use bigger hoops/buckets
- ✓ Allow extra attempts
- ✓ Work in pairs



CHALLENGE

- ✓ Throw from a greater distance
- ✓ Use smaller targets
- ✓ Use non-dominant hand
- ✓ Keep score individually
- ✓ Add time limits



HAVE FUN, BE ACTIVE, BE YOUR BEST!



FUN, INCLUSIVE AND PROGRESSIVE – HELPING EVERY CHILD SUCCEED!

