



**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

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

SKILL ACTIVITY – PRACTISE & IMPROVE

**WEEK
3**

**SKILL ACTIVITY
PRACTISE & IMPROVE**



**15
MINS**



**5-7
YEARS**



FOCUS: Develop underarm throwing and catching skills.



HOW TO PLAY

- 1 Children work in pairs or small groups.
- 2 Take turns to throw the beanbag to your partner.
- 3 Your partner catches with two hands.
- 4 Try the different challenges below to improve.
- 5 Keep trying and aim to beat your best!

EQUIPMENT

- Beanbags
- Buckets or hoops
- Cones
- Spot markers



THROWING & CATCHING CHALLENGES

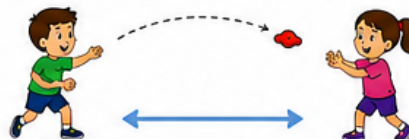
1 CLOSER TOGETHER

Stand close. Throw and catch accurately.



2 STEP BACK

Take a step back. Can you still catch?



3 CHANGE HEIGHT

Throw high, low or to the side.



4 INTO A TARGET

Throw the beanbag into a hoop or bucket.



5 BOUNCE & CATCH

Bounce the beanbag once, then catch it.



MAKE IT FUN!

Make up your own challenges!
Can you improve your score each time?



COACHING CUES

- ✓ Stand sideways, one foot forward.
- ✓ Point your arm at your target.
- ✓ Step forward with opposite foot.
- ✓ Swing your arm low to high.
- ✓ Release the beanbag with your thumb pointing down.
- ✓ Watch the beanbag all the way.
- ✓ Catch with two hands.
- ✓ Soft hands – bring it towards your body.
- ✓ Communicate with your partner!

TOP TIP



Good technique helps you throw farther and catch more accurately!



MAKE IT EASIER

- Stand closer together
- Use larger, softer beanbags
- Make the target bigger (larger hoop/bucket)
- Bounce before catching
- Catch a rolled beanbag
- Allow extra time



MAKE IT HARDER

- Stand further apart
- Use smaller beanbags
- Make the target smaller (smaller hoop/bucket)
- Throw at different heights and distances
- Throw and catch one-handed
- Add a time limit



BE ACTIVE, BE SAFE, HAVE FUN!



GOOD SPORTSMANSHIP



TRY YOUR BEST • ENCOURAGE OTHERS