

Throwing and Catching activities for Kids

Start at the top and work your way through the activities for 20 minutes

Underarm throw and a two handed catch	Right-arm throw and a right-hand catch	Left-arm throw and a left-hand catch	Left-arm throw and a right-hand catch	Right-arm throw and a left-hand catch
Underarm throw, touch the ground and a two-handed catch	Underarm throw, 180-degree turn and a two-handed catch	Pass the ball/beanbag around your - waist, knees and ankles	Partner catches: complete 5-10 catches in a row	With a partner complete 5-10 catches with a curved flight path
Underarm throwing into a hoop	Underarm throwing to knock down an object	Underarm throw, clap hands in front and a two-handed catch	Underarm throw, clap hands behind and a two-handed catch	Underarm throwing to a partner over varying distances
Partner catches: Do as many catches as you can in 30seconds	Underarm throw at a target on the wall	Underarm throw to hit and move an object	Bounce and catch the ball as many times as you can in 30seconds	Create your own throwing and catching game