

MOTOR SKILLS FUN WORK

Practice for Throwing/Catching

Practice doing some or all of these skills each day of the week.

Check off in the box each day that you worked on your skills.

Skill challenge one:

If you want to practice by yourself, just pick up a ball of any size...small like a baseball or large like a red playground ball...and throw the ball up in the air to yourself and catch it. You can throw it really high if you want. See how far up in the air you can throw it and catch it. Count how many times you can catch it without dropping it.

Skill challenge two:

Find a friend and practice throwing and catching with a partner. Start in close and each time you complete a throw or catch take one step back. See how far apart you can get before one of you drops the ball.

Skill challenge three:

Set up 5-10 targets outside (they could be empty cans, milk cartons, boxes or anything else you can think of). Then gather up as many balls, beanbags or objects that your parents say you can throw and work on knocking as many of them over as you can. Try to stay in one place and knock over all the objects, but you can move if you feel like you need to.

Cues (or things to remember):

- Use your hands and not your chest and arms to catch the ball
- Have your hands out in front of you and ready when your partner is throwing to you
- Keep your eyes open
- When throwing the ball, step with the opposite foot that you are throwing from (right hand/left foot, left hand/right foot)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Comments from you or someone important to you:
