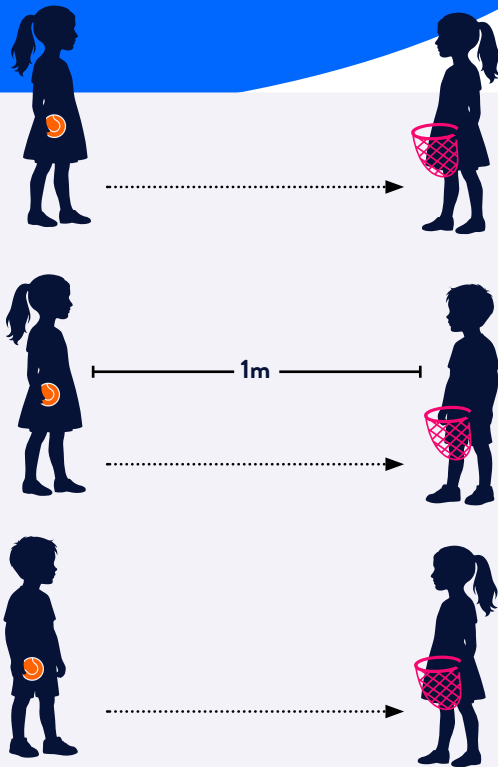


SPACE BODY & BALL:

Meteor Catch

Set the scene:

“Now we’re going to roll the meteors.”



Brain focus
activities:



Equipment:



Balls (one per pair)



Catching nets if needed

How to Play:

- Children work in pairs with one ball per pair and stand approximately 1 metre apart.
- One child rolls the meteor (ball) underarm to their partner. Their partner stops the ball with their hand or with a catching net and rolls the ball back to their partner.
- Repeat several times and swap roles.
- Progress to throwing the ball underarm. It can bounce as many times as needed before catching it.

TEACHING POINTS:

- Swing the arm to send the ball.
- Point palm towards the target.
- Watch the ball.
- Cup hands underneath to catch.
- Children may find it useful to say “bounce, catch” to help with timing of receiving the ball.

SKILL UP:

- Use an overarm throw to send the ball.
- Reduce the number of bounces to catch the ball.



SEE IT IN ACTION