

## CATCHING DEVELOPMENTAL ACTIVITIES

Week #2/Lesson #1

### **3** Catching a Self Bounced Ball

Using the Soft Tuff Ball, the child drops the ball and catches it at waist level as it rebounds. Then the child throws the ball down so that it bounces just above the head level. The child reaches up to catch the ball with both hands at head level. Next the child bounces the ball well above head the head, reaches up, and catches it with both hands. Continue until successful.

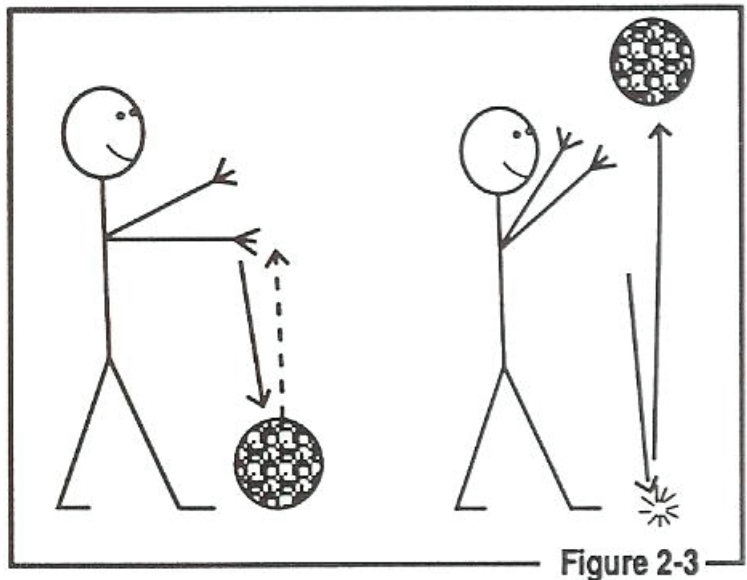


Figure 2-3

Ages 3 - 4 & ages 4 - 5 perform this task the same way

Week #2/Lesson #2

### **4** Catching a Self Tossed Ball

Using the Soft Tuff Ball then a Rubber Band Ball, the child tosses the ball in the air just above the head, then catches it at waist level. After completing 8 out of 10, have the child toss the ball higher, reaching up and catching it above the head. Repeat the activity, with the child jumping up to catch the ball at the highest possible point.

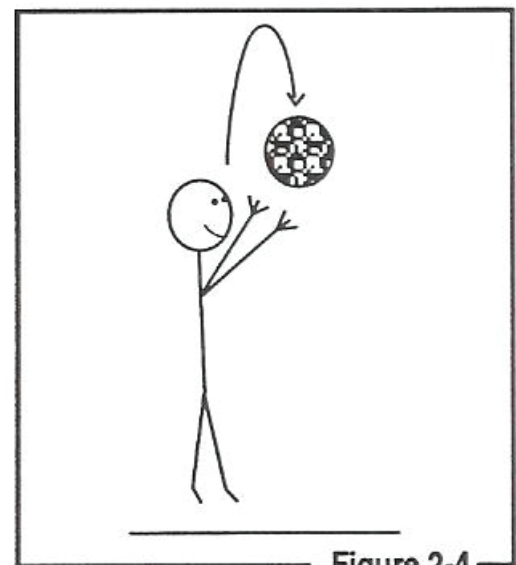


Figure 2-4

Ages 3 - 4 & ages 4 - 5 perform this task the same way