

CATCHING DEVELOPMENTAL ACTIVITIES

Week #5/Lesson #1

9 Catching Fly Balls

The parent throws the Rubber Band Ball in a high arc to the child who is an appropriate distance away. The parent increases the distance at increments of 10 feet after the child catches 8 out of 10. Continue this task as the child continues to achieve success, by increasing the speed and the arc of the ball.

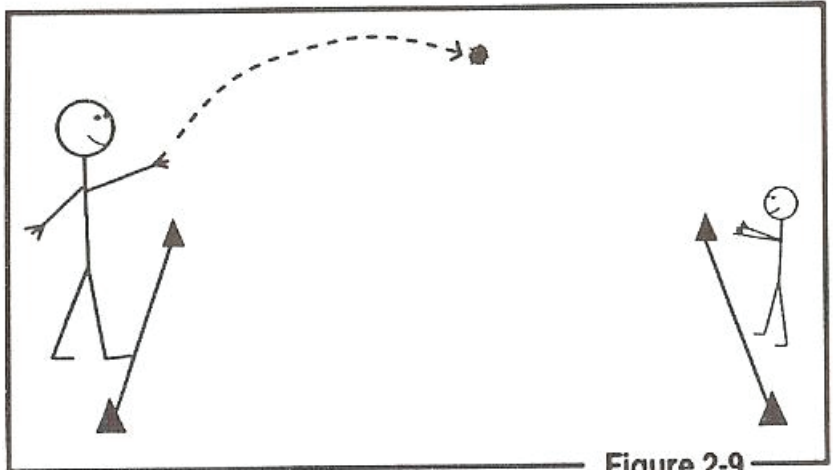


Figure 2-9

Recommended starting distances:
15 feet (ages 3 - 4) * 30 feet (ages 4 - 5)

Week #5/Lesson #2

10 Moving to Catch Fly Balls

The child moves to the right a step or two, to catch a fly ball that was thrown to the right by the parent, who is standing an appropriate distance away. The child should succeed 8 out of 10 times from each side. The parent should then mix up the throws to the right and the left. As the child achieves success, increase the distance and the arc.

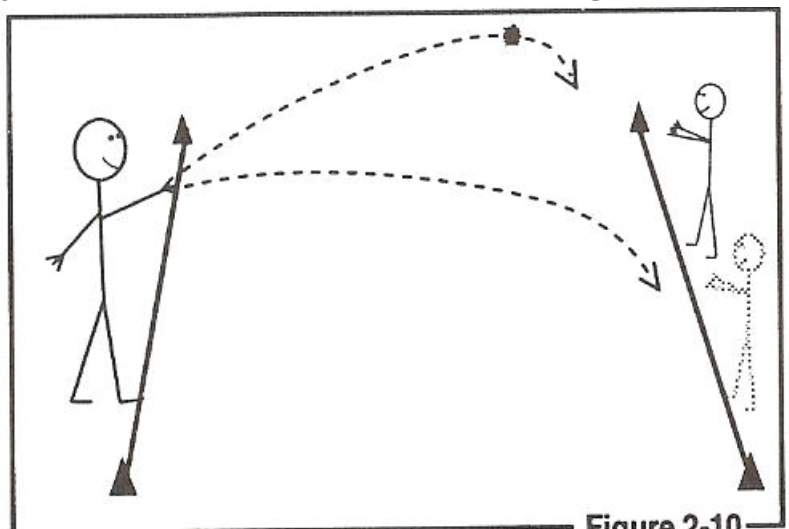


Figure 2-10

Recommended starting distances:
15 feet (ages 3 - 4) * 30 feet (ages 4 - 5)