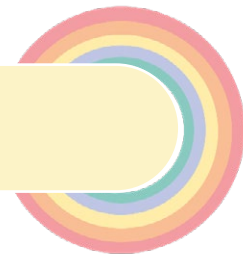


# 2-3 Physical Development



## Activity Instructions - Catch

A classic game for a reason - this game is brilliant because it can be played almost anywhere, with almost anything you have to hand - including a balled-up pair of socks! Practising throwing and catching is great for your two-year-old's coordination. In this resources, you will find some suggestions for different ways you can play catch with your little one.

### Milestones This Supports:

I can throw  
and catch a large ball.



### You will need:

- anything you can throw and catch - socks, a ball, beanbags, balloons, scarves, etc.

### How to Play:

1. If your child is new to throwing and catching, you might like to start with a balloon or three. Your child is likely to naturally start throwing and trying to catch balloons if they are to hand, so blow a few up to entice them. Encourage your child to throw the ball as high as they can, watching it slowly fall and maybe trying to catch it.
2. Play keepy-uppy with a balloon - this is great for working on the hand-eye coordination your child needs to be able to catch.
3. Show your child how to scrunch a silk or sensory scarf up into a ball in their hands. Then, you shake your hands, keeping the scarf held tight. Sing:  
'Popcorn kernels, popcorn kernels,  
In the pot, in the pot.  
Shake them, shake them, shake them,  
Shake them, shake them, shake them.  
Til' they pop! Til' they pop! (To the tune of Frère Jacques)  
When they 'pop', throw the scarves in the air and try to catch them before they hit the ground.
4. Try throwing a large, soft foam ball for your child to catch. Make sure you show them how to look at the ball and hold themselves ready to get it. Lots of reminders, praise and practice will be needed!
5. Encourage your child to 'be ready' to catch but also to know that they need to move too. You might talk about hugging the ball or object as you catch it, so they know they need to move their hands towards their body as they catch. You could throw a small soft toy back and forth to really reinforce this.
6. Beanbags are also good for practising catching as they mould to your little one's hands as they catch them and don't bounce away! Fill a sock with rice and secure the open end with a strong hair bobble or elastic band for a DIY beanbag (just be very careful with it!).



## More Ways to Play

- Catch bubbles! Children often love playing with bubbles and it's all good practice for those hand-eye coordination skills. Your child can run, jump and play while trying to 'catch' and pop the bubbles. Can they get them all before the bubbles fall on the floor?
- As your child gets more confident, you could throw balled-up socks to your child as you are sorting the washing out. They might try to catch them before popping them in a washing basket or even in the drawer for you! This might be tricky at this age but is certainly a game to aim for with practice.
- Play in a group if you can. This is good for developing personal, social and emotional skills alongside those physical ones!
- If your child is struggling to catch from a throw, try encouraging them to catch from a roll or kick. This still requires them to watch where the ball is coming from and you can show them how to 'scoop' the ball up with their hands and arms, rolling it into their chest for that 'hug'. This can help them get used to the catching action and develop important hand-eye coordination skills. Then, they can practise their kicking as they let you have a turn to 'catch'!

**Disclaimer:** Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.

