# Seals Showing Off

Resources: A 20cm ball, not too light, that bounces

## **Starting Position:**

Child holds ball with 2 hands.

### Movement:

Child drops the ball so that it bounces and then catches it with 2 hands. Aim for 5 successful bounce-catches.

Child tosses the ball in the air and catches it with 2 hands. Aim for 5 successful toss-catches. Remind child to watch the flight of the ball.

### xtras:

If the child can do at least 5 successfully of both bounce- and toss-catches, add a thinking component, eg:

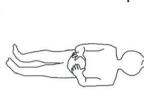
- alternate between bounce-catch and toss-catch; sequencing
- 2 bounce-catch and 3 toss-catch; make a seal noise.

## Critical point:

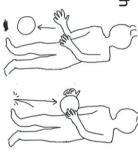
Both hands need to work together.



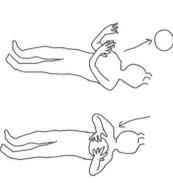
**Module 3: Difficult** 



Starting position



Child drops the ball and then catches it



## Elephant Toss

Resources: A selection of beanbags and a line marked about 5m in front of the child.

## **Starting Position:**

Child stands with feet shoulder width apart.

### Movement:

After picking up a beanbag, the child steps forward with starting position the leg opposite to the throwing arm. The step should be big enough to allow movement of the child's weight from the back leg to the front leg. The child should swing their throwing arm back (like an elephant's trunk) and shift their weight onto their back leg before tossing the beanbag forward and shifting their weight onto the front leg. Aim to toss so that the beanbag lands past the 5m line, emphasising weight shift from one leg to the other.

#### Extras:

As the child gets better at the weight shift, keep the distance fixed (about 5m) but introduce tossing for accuracy, by aiming for a hoop held vertically, then horizontally. Change the size of the target.

## Critical point:

Watch that the opposite leg to the throwing arm is stepping forward and that there is weight shift from the back leg to the front leg.

back leg

and shift weight onto



