



# MAIN ACTIVITY

## GAME

### Bounce and Catch

Autumn 1 – Week 6

## LEARNING OUTCOMES:

- Gross and fine motor skills.
- Catching and reactions.
- Hand eye co-ordination.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Maths.

## TIME:

10 mins.

## EQUIPMENT:

Bouncy balls and reaction balls.

## SAFETY:

Ensure the children only drop their ball and not to throw it.

## SET-UP:

Clear your area and give each child a ball. Ask the group to practice saying “drop, bounce, catch”.

## DESCRIPTION

Each child has a bouncy ball and they drop the ball down to ground, allow it to bounce back up into the air, then get their hands together and underneath the ball to attempt to catch it. After 5 minutes with the bouncy ball, swap their ball for a reaction ball and repeat trying to catch it.

## PROGRESSION/VARIATION

1. Allow the ball to bounce twice before catching it.
2. Can the children drop the ball and clap before catching it, then clap twice and so on.