

Foundation PE (Reception) - Catching

Home Learning Challenge Sheet

At school we are learning to catch different objects. Please help me at home. This is what we need to do to become good catchers.

Activities to Support Learning

Creative Catch

Play catch with anything soft you can find. A ball can often be scary when you are learning to catch. You could use a balloon, a tea towel, a scarf, a soft toy, a ball of wool or a screwed-up piece of paper.

Counting Catch

Using a soft object, count how many times you can throw and catch the object without dropping it. Record the result and keep trying to beat the score. This could be done with a partner or individually.

Clapping Catch

Try throwing and catching a soft object on the spot. Between throwing the object and catching it you should clap your hands. You must clap quickly to make sure you don't drop the object. You could do another action between catching and throwing e.g. spin round, jump, touch your toes.

Drop Catch

You will need a soft object and an adult to help you. The adult should hold the soft object above you. They should drop it just in front of you and you should try to catch it. Roll your ball onto the target – see how many points you can get.

How to Catch

1. Stand with feet slightly apart.
2. Watch the ball.
3. Get your hands ready.
4. Reach out to meet the ball.
5. Hold the ball tightly and bring it into your body.

You could take a photo or draw a picture of you practising the different activity to show us at school. You could tell us all about how you have improved your catching, throwing and rolling skills.



At school we are learning to use balls in a range of ways. Please help me at home. The following activities will help me to develop ball skills.

Activities to Support Learning

Throw, Catch, Bounce, Catch

Throw a ball in the air and catch it, then bounce it on the floor and catch it again. How many times can you do this before losing control?

Under or Over

Create a bridge which you can roll a ball under and throw a ball over – you could use a small table, a chair or some old boxes. Find a friend to play with you. Each stand either side of the bridge and shout 'Over' or 'Under.' If you shout 'Over' you should throw the ball over the bridge and your friend should try to catch it. If you shout 'Under' you should roll it under the bridge. Can you catch your friend out?

Obstacle Course

Use a range of different objects to create a course which you can move a ball round. You could use things such as pillows, boxes or chairs. Using a ball, set a friend different challenges e.g. 'Can you get the ball round the course using