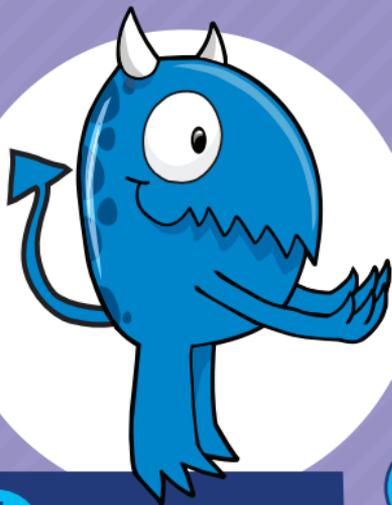


# Catching

Receiving a moving object by grasping it with both hands out in front of body.



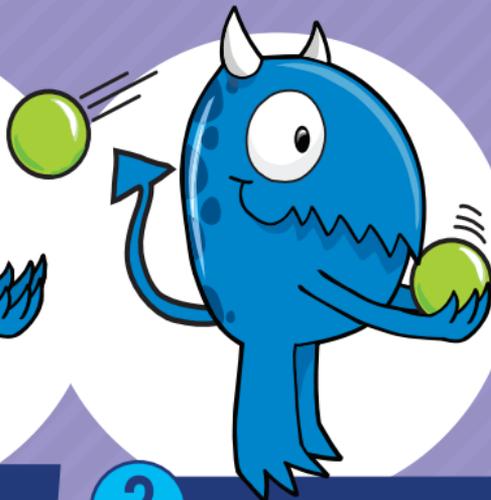
1

Hands out in front.



2

Watch the moving object.



3

Grasp object with hands.

Get moving with **MINI MOVES**





# Tick-Tock, Beat the **CLOCK**

Tick-tock, catch the ball and beat the clock.

Equipment:

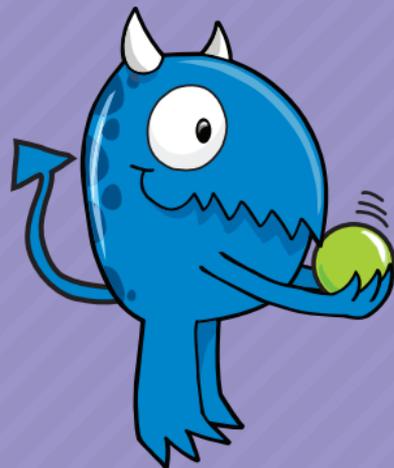
1 x ball.

Where to play:

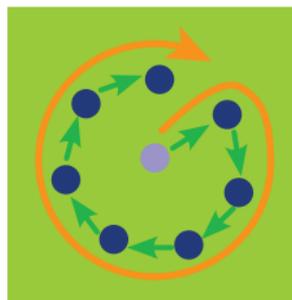
 Outdoors

Age:

Preschoolers  
(3 to 5 years).



What does the game look like?



**KEY:**

-  Children
-  Path of tick-tock child running
-  Direction of ball
-  Tick-tock



# Tick-Tock, Beat the **CLOCK**

Tick-tock, catch the ball and beat the clock.

**Step 1** Children stand in a circle like a clock.

**Step 2** Choose one child to be the tick-tock and stand in the middle holding the ball.

**Step 3** The tick-tock throws the ball to someone in the circle (clock).

**Step 4** The children then throw and catch the ball around the circle, one-by-one, to the child next to them singing the tick-tock song.

## Song Sample:

"Tick-tock, tick-tock, (child's name) can you beat the clock?  
Tick-tock, tick-tock, (child's name) can you beat the clock?"

**Step 5** The tick-tock then runs around the outside of the circle trying to beat the clock (ball), stopping at the child who started with the ball.

**Step 6** The game continues until each child has been the tick-tock.

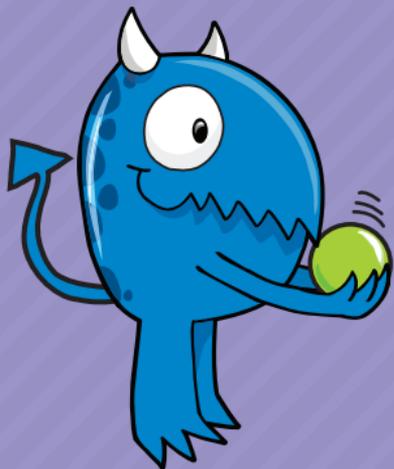
**Tips:**  
**EASIER:** Use a larger, soft, lightweight ball and remove the song and ask children to focus on catching the ball.  
**HARDER:** Add two children in the middle as tick-tocks with balls.





# BUILD-a-Bridge

Help the team catch the wood and build the bridge.



Equipment:

2 x balls.

Where to play:



Outdoors

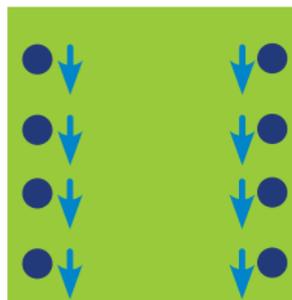


Indoors

Age:

Preschoolers  
(3 to 5 years).

What does the game look like?



**KEY:**



Children



Direction of balls



# BUILD-a-Bridge

Help the team catch the wood and build the bridge.

## Step 1

Ask children to form two even lines.

## Step 2

Each child is to stand a small distance apart from the child next to them, in their line. Explain to children that they are going to work together to build-a-bridge.

## Step 3

Give one ball to the children at the start of each line, with the ball being the wood to build the bridge.

## Step 4

On "go" ask children to throw and catch the ball along the line.

## Step 5

Once the ball reaches the end teams have completed the bridge.



### Tips:

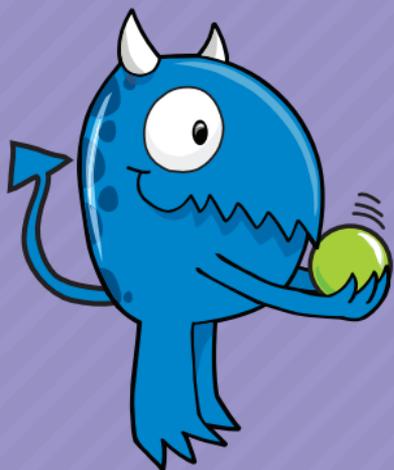
**EASIER:** Ask children to form a line. As the passer (Educator), pass the ball to each child and move along the line to build the bridge together.

**HARDER:** Instruct children to stand further apart, building a longer bridge each round. If the ball drops, the bridge falls and the balls start back at the beginning.



# CRICKET Catch

It's a big cricket match, how many catches can you make?



## Equipment:

Balls (1 ball for every 2 children), mats or markers.

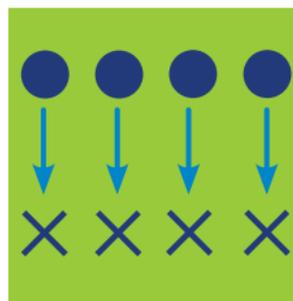
## Where to play:

 Outdoors

## Age:

Preschoolers  
(3 to 5 years).

## What does the game look like?



### KEY:

-  Passer
-  Catcher
-  Direction of ball



# CRICKET Catch

It's a big cricket match, how many catches can you make?

## Step 1

Tell the children that they are participating in a big cricket match. Ask children to form pairs.

## Step 2

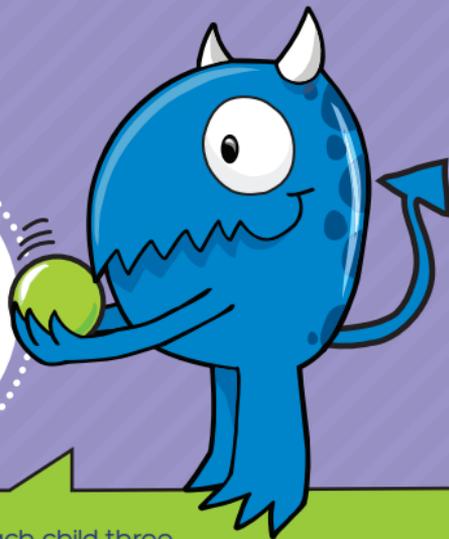
Allocate one child as the catcher and other the passer.

## Step 3

The passer of each pair aims and throws the ball to their catcher calling "how's that" each time they catch it.

## Step 4

Pairs keep count of how many times they catch it out of ten throws. Pairs then swap roles.



## Tips:

**EASIER:** Line children up in a single line and pass the ball to each child three times before they have to run to the wickets (set up behind passing area) and back.

**HARDER:** Spread out some mats. In pairs children run together to one mat at a time and complete five throws and catches before moving to the next mat.