

PE

This term we are practising our throwing and catching skills.

Ideally a larger size ball is best for this :



If you haven't got a large ball then you could try rolling up a thick pair of socks to make a ball.



This link gives you the basics for helping your child with throwing and catching.

[How To Catch and Throw A Ball - YouTube](#)

Some ideas we could use at home.



Underarm throwing into a washing basket.



Throwing and catching themselves
(this can be a difficult skill for some children at this age)

Ideally throwing and catching with an older sibling or an adult:



Have Fun with your throwing and catching.

