

***Catching Pattern***  
***by***  
***Kelly E. Duell, M.A.***

**Title:** Catching Pattern:

**Grade Level:** K-6<sup>th</sup> Grade

**National Standards:**

#1, 2, 3, 4, 5, 6

**Learning Objectives:**

- The student will practice throwing a beanbag or other throwing apparatus, with accuracy.
- The student will demonstrate absorption of force during the catching phase of this activity.
- The student will demonstrate responsible personal behavior while participating in movement activities and will understand the importance of respect for all others.

**Space Needed:**

- Large grassy area is best; blacktop or playground is acceptable.

**Equipment & Materials Needed:**

- One (1) bean bag per student.
- Cones to mark the playing area.
- Chalk or rope to mark the throwing lines.

**Set-Up:**

- Set cones around the area to designate the playing area.
- Draw two lines on the ground indicating the throwing line.
- Place the bean bags in a place that is easily accessible for the students.

**Description of Learning Activities:**

\*Use students to demonstrate techniques where needed.

- Each student has one bean bag.

**Part I:**

- Allow students a few moments to experiment with different ways to throw and catch the beanbag to oneself.

**Part II:**

- Students throw and catch the beanbag without it touching the ground.
- Students throw and catch the beanbag from a variety of positions: one knee on ground; two knees on ground; sitting criss-cross; and lying down.

**Part III:**

- Students throw the beanbag while lying down, and catch it while sitting criss-cross.

- Students throw the beanbag while sitting criss-cross, and catch it while kneeling on both knees.
- Students throw the beanbag while kneeling on both knees, and catch it while standing.
- Make up different heights to throw from and then catch.

**Part IV:**

- Students throw the beanbag, touch a part of their own body, and then catch it.
- Students throw and catch the beanbag while balancing on different body parts (one foot).
- Students throw and catch the beanbag with the same hand or the same foot; with opposite hands or feet.
- Students throw and catch the beanbag using “circus” movements, i.e. turning around, behind the back, clapping in between the throw and the catch, etc.

**Part V:**

- Students throw the beanbag and catch it with hands above head, using proper technique to catch (fingers up, thumbs together, palms out).
- Students throw the beanbag and catch it with hands at waist, using proper technique (fingers down, thumbs out, palms up).
- Students try to throw and catch the beanbag without making any noise-absorption of force, “giving” on the catch.

**Assessment Strategies:**

- Check for understanding by viewing each student’s hand placement.
- Demonstration of appropriate behavior.
- Successful attempts of catching the beanbag as directed.
- Observation of students’ catching form.

**Debriefing & Reflection:**

- What position is easier to catch from...lying down, sitting, or standing?
- Why? Movement is easier while on your feet because you can move your body to get in proper position.
- Students vote on hand position for catching a ball above the head and at waist level.