**Wednesday 1st July 2020**

**PE**

<https://www.afpe.org.uk/thisispe-supporting-parents-to-teach-pe-at-home/>

**Lesson 11 – Catching**

**Catching**

**For this lesson, you will need:**

* **Rolled up socks**
* **A pillowcase filled with socks**

**Activity 1 – large object**

**Fill the pillowcase with rolled up socks. With a partner, ‘push’ the object back and forth**

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**Develop this by throwing to the side or higher up in the air.**

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**The next step is to add a clap before catching.**



**Activity 2 – smaller object**

**This time, only use the rolled up socks. You need to change your catching technique to create a ‘nest’ with your hands that you bring in to your chest. This will cushion the object.**

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**Try throwing it to the side**.



**And again, clap before catching**

**Activity 3 – One handed catch**

**Still create a nest with your hand and when you have caught the object, bring it into your chest.**

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**Activity 4**

**Play catch tennis!**

**1 point for every catch and 1 point each time your opponent drops it.**

**You can play over a chair, table, ironing board etc.**

**Keep count of your own score!**

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