

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Balance Catch

Game Description:

A great game to strengthen the skills of balancing, catching and throwing. Balance discs and dodge balls are all that is required.

Objective:

To throw and catch a ball with a partner on an unstable support (balance disc).

Game Rules:

Have each participant stand on a balance disc about six feet away from their partner who will also be on a balance disc. Have the participants toss a ball up to themselves a few times to get used to the balance disc. After a while have them progress to tossing the ball back and forth to their partner.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Skill instruction

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Balance
Catch
Coordination
Throw
Track