

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Bucket Toss and Catch

Game Description:

A simple activity to develop tracking, catching and throwing skills. All you need is some bean bags or balls and a bucket.

Objective:

For the thrower the goal is to toss the bean bag into the bucket. The catcher's goal is to catch the bean bag.

Game Rules:

Have two children at least 5 feet away. One child will hold a bucket and the other will attempt to toss a bean bag into the bucket. Be sure to have them switch roles so they practice all of the skills involved.

AGE:

2 to 3 years
4 to 6 years
7 to 9 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 BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)

TYPES OF SKILLS PRACTICED:

Catch
Throw
Track