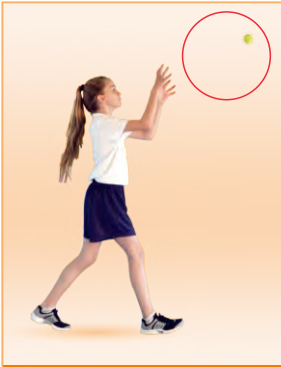


TEACHING POINTS FOR CATCHING



Eyes focused on the object throughout the catch



Move feet to place the body directly in the path of object and secure a wide base of support



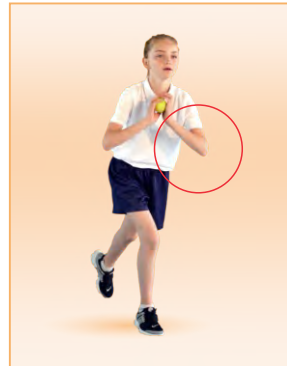
Hands reach out to meet the object



Fingers and hands are relaxed and slightly cupped to receive the object



Catch and control the object with the hands only



Elbows bend at least 90 degrees to absorb the impact



Introducing the skill of catching

Try to...	Effective questions
<ul style="list-style-type: none"> experiment with rolling and trapping balls 	<i>How are your hands positioned?</i>
<ul style="list-style-type: none"> roll a ball at different speeds 	
<ul style="list-style-type: none"> roll a ball directly to or slightly to the side of a partner 	
<ul style="list-style-type: none"> move towards a rolling ball 	<i>What are you thinking about?</i>
<ul style="list-style-type: none"> throw an object in the air and catch it 	<i>Where is your body positioned?</i>
<ul style="list-style-type: none"> bounce a ball and catch it 	<i>What will help your hands absorb the ball?</i>
<ul style="list-style-type: none"> catch an object without letting it touch your body 	<i>What do your elbows do?</i>
<ul style="list-style-type: none"> use a container to catch an object 	<i>How long are your eyes focused on the object?</i>
<ul style="list-style-type: none"> catch while standing, sitting, kneeling 	
<ul style="list-style-type: none"> catch a bouncing ball 	
<ul style="list-style-type: none"> catch while on the move 	<i>What must you do with your feet?</i>
<ul style="list-style-type: none"> catch with one hand 	
<ul style="list-style-type: none"> use all the correct technique outlined 	<i>Let's put it all together!</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

TEACHER OBSERVATION

Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looks away from the object or shutting eyes when catching	Track the object with your eyes and keep your eyes open on contact
Not moving body in line with the object or leaning back when catching	Move towards the object
Mistiming of hand closure	Reach and squeeze the ball into your hands
Trapping the object with the arms and chest	Slightly cup the ball with your hands, fingers spread out and relaxed
Difficulty gripping the object	Point your fingers up for a high object Point your fingers down for a low object
Little or no 'give' after the catch	Bend your elbows to absorb the force

Catching Rubric

	Exploring	Developing	Mastering
Eyes		<ul style="list-style-type: none"> Eyes may close upon contact with the object 	<ul style="list-style-type: none"> Eyes follow the flightpath of the object into the hands
Body	<ul style="list-style-type: none"> Body may turn away to avoid the catch 		<ul style="list-style-type: none"> Body is positioned directly in line with the object
Arms	<ul style="list-style-type: none"> Arms are held straight out in front of the body 	<ul style="list-style-type: none"> Arms tend to trap the ball rather than catching with the hands Hands attempt to squeeze the object 	<ul style="list-style-type: none"> Arms 'give' in contact with the object to absorb force
Overall	<ul style="list-style-type: none"> The body rather than the arms is used to catch (trap) the object The body doesn't react to the catch until the point of contact 	<ul style="list-style-type: none"> Catches are poorly timed and uneven 	<ul style="list-style-type: none"> Hands and fingers are spread and relaxed to receive the object

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils enjoy a variety of catching experiences using objects of different sizes, shapes and textures. Characteristics of catching at the exploring stage include:

- body may turn away to avoid the catch
- arms are held straight out in front of the body
- body rather than the arms is used to catch (trap) the object
- body doesn't react to the catch until the point of contact.

Developing stage

Tréimhse forbraíochta



At this stage, pupils practise catching a range of different sized objects, thrown from different heights and distances, at various speeds. The catch is still predominantly static. Characteristics of catching at the developing stage include:

- eyes may close upon contact with the object
- arms tend to trap the ball rather than catching with the hands
- hands attempt to squeeze the object
- catches are poorly timed and uneven.

Mastering stage

Tréimhse Máistrithe



At this stage, pupils display catching proficiently in changing environments. The skill will be executed in a variety of activities and game settings. Characteristics of catching at the mastering stage include:

- body is positioned directly in line with the object
- eyes follow the flightpath of the object into the hands
- arms 'give' in contact with the object to absorb force
- hands and fingers are spread and relaxed to receive the object.