

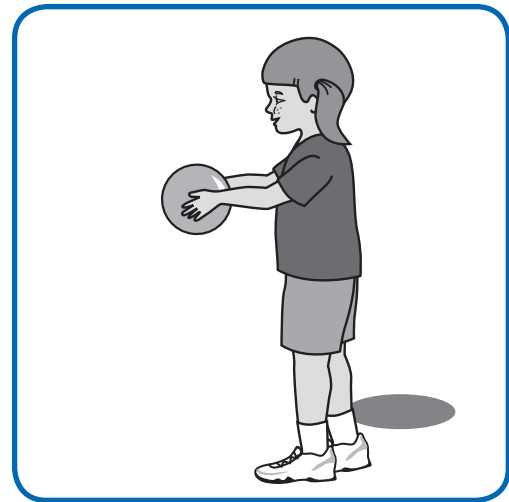


## Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- 1 ball per child (7")
- 4 hoops to hold balls
- Musical ASAPs – #17 and #15
- SPARK EC Music CD and player

## Set

- Create activity area.
- Scatter spot markers within area.
- Place hoops outside activity area and fill with balls.
- Send children to stand on spot markers.



## GO!

1. **“Bunny Jump”** (Teach Musical ASAP #17.)
2. **Ball Selection and Exploration** (Allow 2 minutes for exploration time.)
  - When you hear the color of your home, **walk** to get a ball, then **walk** home.
  - When the music starts, play safely with your ball.
  - When it stops, hold your ball between your feet. Don’t let it roll away!
3. **Bounce and Catch with a Hug**
  - Today we will stay near our homes and bounce and catch the ball.
  - When you hear, “Freeze,” hold the ball between your feet. (Remind children not to kick balls.)
  - Let’s bounce and catch the ball.
  - Follow me! Push the ball down in front you with both hands. Let it bounce 1X before you catch it with a hug. (Move to help those in need.)
4. **Bounce and Catch with 2 Hands**
  - Let’s bounce and catch the ball with 2 hands.
  - Follow me! Push the ball down in front of you with both hands. Let it bounce 1X before you catch it with both hands. Pull the ball close to your body after you catch it.
5. **Catching Challenge** – Can you...
  - Toss and catch the ball? Bounce and catch the ball?
  - First toss and catch, then bounce and catch?
6. **Ball Return** (Send children to return balls by spot color and **walk** home.)
7. **“It Is Monday (Ti-De-O)”** (Teach Musical ASAP #15.)
8. **Wrap It Up**
  - Who will tell us what you will share with your family about today’s ball activity.

# BOUNCE AND CATCH

## ADAPTATIONS

### Limited Space

- ★ Substitute balloons for 7" balls.

### Variation

- ★ Have advanced learners bounce and catch while walking in the neighborhood.

### Inclusive Strategy

- ★ If a child has a profoundly limited response speed, rolling the ball to them may be an appropriate initial step to teach hugging and catching.



## OBJECTIVES

- ✓ Bouncing
- ✓ Catching
- ✓ Hand-eye coordination

### YOUR STATE STANDARDS

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## ACADEMIC

### Literacy

Read The Animal Boogie by Debbie Harter.



## FAMILY FUN



### Bounce and Count

Ask your child to teach you how to bounce and catch a ball. With each bounce and catch, count out loud; recite the alphabet, the days of the week, or the months of year.



## TEACHER TIPS

- Catching challenges may be difficult for 3-year-olds.
- For children having difficulty catching, encourage them to hug the ball to their chest.
- Foster eye tracking skills by using purposeful cues (e.g., "Watch the ball as it bounces back up to your hands").

### NOTES

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