



PE/Health Virtual Learning

7th & 8th PE/Catching Review

April 06, 2020



7th & 8thth Grade PE
Lesson: [April 6th 2020]

Learning Target:

Demonstrates the mature form of forehand and backhand strokes with a long-handled implement in net games such as badminton or tennis. (S1.M14.7)

Essential Question:

How can I improve my catching skills?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete an activity related to catching at home**
- **Students will make/update and activity log of what was completed from the workout**

Let's Get Started:

1. Follow this warm-up to get started!!
 - [Warm Up](#)

Practice #1

- Find a ball (or an object that can be made into a ball) and practice throwing into the air at different levels and tracking it as it falls back down to catch it
- As you watch the video, think about the placement of your hands as you are preparing to catch the ball.
- [Throw and Catch a ball video](#)

Practice #2

- Challenge yourself and practice catching the ball with just your dominant hand 10 times then switch to your non-dominant hand for 10 catches.
- These video provides ways to catch a ball with one hand using a different types of equipment.

[Catch a ball with one hand video](#)

Practice on your own:

- If you are home alone or prefer to practice alone perfect!! If you have an object that bounces off a wall, toss it yourself and catch it off of the wall. Practice with both hands and then one hand (refer back to the second video on the previous slide)
- Find one object to practice tossing and catching with one hand after you have completed the above task. Practice with both dominant and nondominant hand several times.
- Find another object similar in size and practice tossing and catching them in both hands at the same time. Start at a low level then slowly increase the height of the toss.

Additional Resources:

- [Juggling Tutorial 1](#)
- [Juggling Tutorial 2](#)
- [Learn how to Juggle 3](#)

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet
4. Reflection question: How can juggling help improve your catching skills?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find different objects to keep improving your skill of catching and continue to practice juggling skills