PE/Health Virtual Learning

7th/8th PE Catching

April 15, 2020

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Lesson: <mark>April 15, 2020</mark>

Objective/Learning Target:

Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.
NASPE (S1.M21.8)

Lesson Objective/Essential Question

EQ: Why is it important to be able to catch an implement during activities?

Objective: Students will take a ball of any kind, or any safe household item (ex. Wrapped up towel, stuffed animal, something that will not break if dropped) and complete a series of catching techniques.

Warm-Up Activity

20 Air Squats

20 Burpees

30 seconds of High Knees

Repeat whole series 1 more time

Practice #1

This video of [catching a ball](#), although it is cricket, has all the principles used to properly catch any kind of ball. It touches on:

● Keeping your hands together, pointing the fingers properly, and absorbing the implement

Take whatever ball or object you chose and find a wall, garage door, or basketball hoop

● Throw the ball off of the flat surface and when the implement bounces off, locate it and catch it before it hits the ground.
  ○ (Modification: let the implement hit the ground but try to limit the number of bounces on the ground before you catch it)

Practice #2

Take whatever ball or object you chose and find an open space with no obstacles in your way.

- Throw your object straight up in the air, locate it in the air, and settle under it when it falls. Then catch it
    - (Tougher Modification: Throw the implement in a forward trajectory and practice your "[over the shoulder catch](#)" If you have someone in quarantine with you, have them throw a pass to you)

Practice #3

Take whatever implement you chose and find a slanted surface (Roof of your residence, garage, or you can find a steep hill)

- Throw your implement on the slanted surface, locate it as it is rolling down and catch the implement.
  - (Modification using the hill: throw the implement as far up the hill as necessary, locate the implement as it rolls down, move your body in front of it and scoop it up.)

Self-Reflection

What was the toughest part about playing catch with myself?

Was there any modifications I had to make in order to succeed?

- **Critical Thinking**
  - What are 2 benefits of learning how to play catch?
  - Can learning how to play catch be a lifetime activity? Why?

Additional Resources/Ideas

[Low or Flat Catching](#)

[Catching above the head](#)