

Objectives

- Bouncing
- Catching
- Hand-eye coordination

Teaching 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").

SEL Competencies**Self-Awareness**

Self-efficacy

Self-Management

Self-discipline

Social Awareness

Respect for others

READY

- 1 [spot marker](#) and 1 [ball](#) (7" dia) per child
- 4 [cones](#) for activity area boundaries
- 4 [hoops](#) to hold balls
- [Musical ASAPs - #17 and #15](#)
- SPARK EC Music CD ([or SPARKfamily.org](#)) 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. Musical ASAP**

- "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.

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.
- Push the ball down in front of 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.
- 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. Musical ASAP

- "It Is Monday (Ti-De-O)" (Teach Musical ASAP #15.)



Bounce and Catch

Reflection Questions

- What will you share with your family about today's ball activity?
- What would you say to teach someone to bounce and catch the ball?
- What does it mean to practice something? Is it a good idea to practice bouncing and catching the ball?

Academic Integration

Literacy

Read *The Animal Boogie* by Debbie Harter.

The Right Fit

Limited Space

- Substitute balloons for 7" dia 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.

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 Reflection

