

TIPS FOR LEARNING HOW TO CATCH

Just like reading & writing, kids need to learn to move

This week in the KIDDO session we learnt how to catch:



Eyes on the ball



Hands move to the ball



Balls below the waist = wiggly worm fingers



Balls above the waist = butterfly fingers

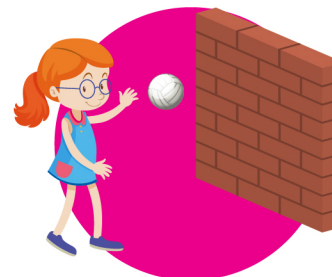


Children need active play + practice to learn these essential skills to be active for life

Fun games to play at home:



Balloon taps - tap the balloon in the air as many times as you can



Wall Ball - throw a ball against a wall and try and catch



Take a ball to the park next time you go and play catch, how many can you do in a row