

Practising Throwing and Catching a Ball

Chapter 5: Throwing and Catching a Ball · Topic 2

Key Concept

To throw a ball, we hold it with one or both hands and push it towards a target or a friend. To catch a ball, we watch it carefully and use both hands to hold it gently when it reaches us.

Practising throwing and catching helps improve our hand-eye coordination, which means our eyes and hands working well together.

We can practice throwing at different distances and speeds, starting close and slow, and gradually throwing farther and faster as we improve.

These skills are useful in many sports and games, like basketball, cricket, and simple catch games with family and friends.

Quick Revision Notes

- Throwing means pushing a ball towards a target or friend.
- Catching means using both hands to hold a ball gently.
- We should watch the ball carefully before catching it.
- Throwing and catching improve hand-eye coordination.
- We can practice at different distances and speeds.
- Start close and slow, then increase distance and speed.
- These skills are useful in sports like basketball and cricket.
- Throwing and catching can be practised with family and friends.

Practice Questions

- 1 Practice throwing a ball to a friend or family member.
- 2 Practice catching a ball with both hands.
- 3 Count how many times you can catch a ball without dropping it.
- 4 Play a simple throw-and-catch game with someone.
- 5 Practice throwing from a close distance, then move farther away.
- 6 Try throwing and catching with a slightly bigger or smaller ball.