

Core Skills Activities



1. Throwing

2. Catching

3. Hopping

4. Jumping

5. Balancing

Practice the following 5 tasks and try the **Challenges!**

1. Throwing

You will need: _____ 5 'sock balls,' a washing basket/container, a throw line

Set up: _____ Place the basket 4 steps from the 'throw line.'



- Practice throwing each 'sock ball' into the basket using your preferred hand.
- Swap to the other hand and repeat another 5 throws to the basket.
- How many did you get in? Keep practicing until you can get all 10 in.
- **Challenge:** Double the throwing distance to 8 steps and repeat the 10 throws, 5 with each hand. How many can you get in this time?

2. Catching

You will need: _____ A partner, a 'sock' ball

Set up: Stand about 4 or 5 steps apart from your partner



- Practice underarm throwing and catching the sock ball with your partner.
- Think about the shape of your catching hands and remember to throw with one hand and catch with two hands.
- Count how many catches you can do before one of you drops the ball.
- **Challenge:** Can you and a partner make 20 catches in one minute?

3. Hopping

You will need: 5 sock balls, a washing basket/container, a throw line

Set up: Place a basket 6 steps from a 'throw line.'



- Practice hopping on your preferred leg.
- Can you hop 10 times on that leg?
- Swap to the other leg. Can you hop 10 times on this leg too?
- **Challenge:** Can you hop on either leg from the throw line to the basket with a sock ball and put ball in the basket and hop return for the next ball. Repeat until all 5 sock balls are in the basket. (You can keep swapping legs if it helps!)