

# I CAN

## CATCH USING CORRECT FORM



## PHYSICAL LITERACY MANIPULATIVES

### SUCCESS CRITERIA

BODY POSITIONED DIRECTLY IN PATH OF THE BALL

EYES FOLLOW THE FLIGHT PATH OF THE BALL INTO THE HANDS

ARMS 'GIVE' ON CONTACT TO ABSORB THE FORCE OF THE BALL

HANDS AND FINGERS SPREAD TO RECEIVE THE BALL, WITH THUMBS IN OPPOSITION TO EACH OTHER

### GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

### GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments

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## PHYSICAL LITERACY MANIPULATIVES

### LEARNING CUES

- MOVE BODY DIRECTLY IN THE PATH OF THE BALL
- SECURE A WIDE BASE OF SUPPORT
- ADJUST HAND POSITION (FOR CATCHING) FOR THE HEIGHT OF THE BALL
- THUMBS IN FOR BALLS ABOVE THE WAIST
- THUMBS OUT FOR BALLS BELOW THE WAIST
- FINGERS SPREAD, HANDS IN CUP FORMATION
- KEEP EYES ON THE BALL UNTIL CONTACT IS MADE
- PULL THE BALL/OBJECT INTO YOUR BODY BODY 'GIVES' WITH THE CATCH

