



Session 1

Catching and Throwing

Be my Best Self

WELCOME TO SESSION 1 OF THE MOVE4LIFE SERIES

This session will focus on the movement skills of **catching and throwing** and the life-skill called **be you best self**. Having self-confidence, self-reliance, self-esteem and being your best self helps you become successful in sport and life. Move4Life sessions link with several personal development dimensions and contribute to the Sustainable Development Goals. In this session we have chosen to link to the physical and cognitive dimensions and SDG4 – Quality Education.



Physical Dimension



Cognitive Dimension

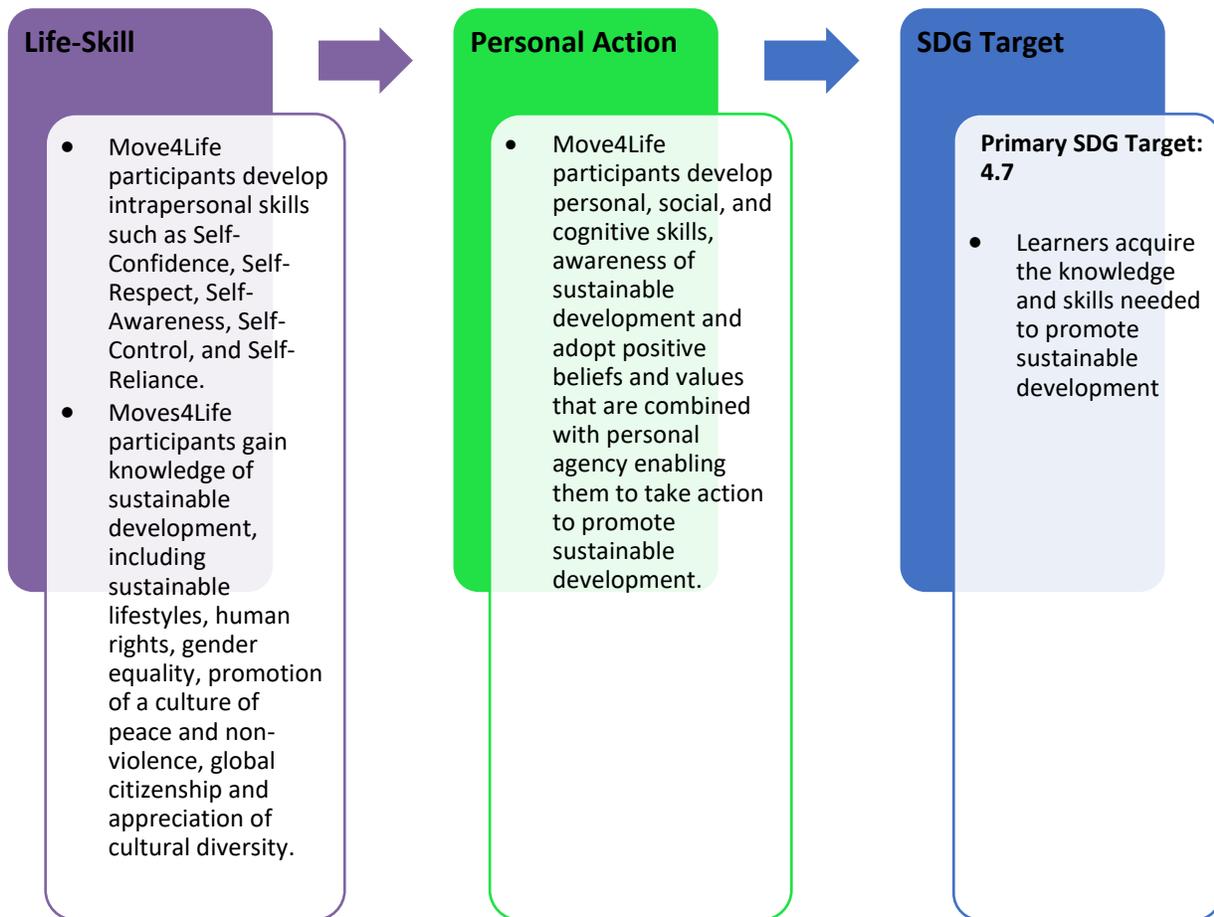


Emotional Dimension



Social Dimension





Click here for further information on Move4Life and the Sustainable Development Goals: [Move4Life and the Sustainable Development Goals](#)

Move4Life is a proud supporter of the International Safeguards for Children in Sport and believes it is important that all children taking part in physical education, sport, and physical activity should be safeguarded from harm. Children should be able to take part in safe and inclusive activities whether at home, at the sports field, or online.



Click here for further advice on Move4Life and Safeguarding. [Move4Life Safeguarding Advice](#)

SESSION OUTCOMES

By the end of the session, participants will be able to

- Demonstrate the correct techniques to catch and throw balls.
- Practice passing and catching from different distances and different heights.
- Identify activities at the sports field, home, or school where they feel confident and good about themselves
- Identify some activities that they find challenging and need to practice, to be more confident at completing them successfully.

KEY MESSAGES

MOVEMENT SKILLS

- Catching and throwing are 2 of the 12 fundamental motor skills.
- Catching assists in the development of hand-eye coordination.
- Moving into the correct position to catch a ball or other objects, creates fundamental communication between various body parts such as the feet, brain, and upper body.

LIFE SKILLS

- This session focuses on good mental health in participants
- The session will focus on activities which build self-confidence and self esteem
- The "AT HOME" section lends itself to facilitate good communication between parents and children
- The "AT THE SPORTS FIELD" section facilitates good team building. Every participant is validated for doing their best

At Home Activity

HEALTH & SAFETY

Before taking part in the activity, please follow these health and safety guidelines:

- Activities must take place where there is little or no risk of breaking windows or damaging property when throwing balls in an unsafe manner.
- Parents or other adult supervisors must observe to ensure a safe environment.
- The best scenario is for family members to join in the activity whilst observing social distancing and personal hygiene guidelines.
- Parents, even grandparents, must assist to clean the balls and any other surfaces that may be touched.

SAFEGUARDING

Safeguarding refers to actions we take to ensure that all children and young people are safe from harm when involved in sport and physical activity. It means we must proactively do everything possible to minimise risk and prevent the abuse, harassment or exploitation of children and young people.

Move4Life wants all participants to be safe from harassment, abuse, or exploitation whether practicing at home or at the sports field.

Everyone has a role to play in safeguarding the facilitator (teacher, coach, or activator), parents and guardians and participants themselves.

The following are some safeguarding tips for participants practicing Move4Life sessions at home:

- It is not acceptable to be ridiculed, bullied, or abused whilst practicing at home. If you feel this is happening to you, talk to a parent, guardian, or a trusted adult about what you are experiencing and how it makes you feel.
- When you are spending time at home you may be keeping up with your friends on social media. Be aware that there are dangers online. That people you do not know may not be who they say they are. Only connect to people online that you know in real life.
- If you are being bullied or abused online, it is not okay. Tell your parents, guardian, or a trusted adult about it.
- Never share personal information with people you do not know in real life, especially not your name, address, school, clubs you attend, photographs. Alert your parents or a trusted adult if someone is asking you for such information.

- If you feel uncomfortable about communications from anyone online, including your teacher or coach or another participant, tell your parents or a trusted adult
- Avoid meeting up with or being alone again with any person who makes you feel uncomfortable or has tried to harm you either in person or online.

For further advice on keeping yourself safe whilst participating in the Move4Life sessions at home and whilst you are online [click here](#).

OPENING REFLECTIONS

Let us spend a quiet moment contemplating before we begin. Reflect on your own or have a conversation in your family.

Reflect on your own or have a conversation in your family.

- How are you feeling today? Are you happy or sad, angry, frustrated, excited, confident, fearful? What might have made you feel the way you feel today?
- Think about what are you good at? What are we as a family good at? What are we good at as a team?
- Tell yourself that today's activity session will focus on you being your best self, building your self confidence and self-esteem, whilst practicing catching and throwing.

WARM UP

TIME

5 Minutes



EQUIPMENT

- Small balls e.g. tennis balls or similar.
- At least two chairs
- Note! Homemade balls can easily be made with plastics bags, newspaper, string etc. They have one great advantage in that they can never be deflated by a puncture. Another great advantage is that this ball re-purposes waste plastic.



SET UP

- Place chairs in outdoor space. They must be placed at least three metres apart.
- Place a ball under the chair in readiness for the warm-up activity.

ACTIVITY

For warm-up demonstration [click here](#)

- With one hand holding the chair, balance on one leg and raise your free hand as high as you can. Count loudly, one banana, two bananas, three bananas, up to ten.
- Turn around, use your other hand to balance yourself and repeat the exercise.
- Now walk slowly from one chair around the other chair and back again, three times.
- Now take your ball into your favourite hand and toss the ball into the air and catch it as you walk from one chair to the next.
- Repeat, but increase the walking speed, and try to toss the ball slightly higher.
- Repeat, toss the ball even higher, and this time count loudly each time you catch the ball.



PERSONAL CHECK IN

How do you feel now? Does your body feel warm? Did you enjoy the exercise? How many times were you able to catch the balls? How many times do you think you will be able to catch the ball the next time you repeat this exercise?

Remember no one cares how many times you dropped the ball. What they care about is whether you were prepared to pick the balls up and carry on with the exercise.

MAIN PART

TIME

20 Minutes

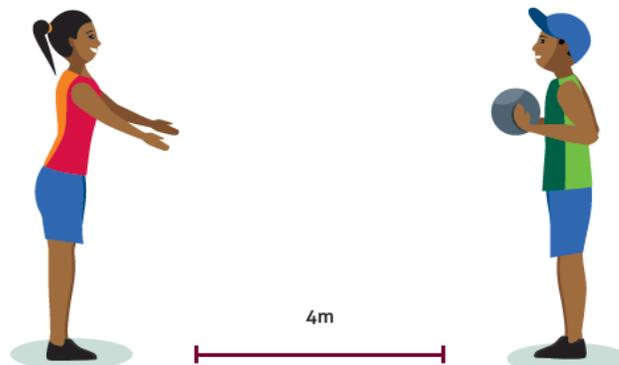


EQUIPMENT

Same as for warm-up.

SET UP

Find a family member to do this activity with you. Stand a comfortable distance from each other, about 4m. Face your partner.



ACTIVITY

1. Underarm throw

Hold the ball in one hand. With the non-throwing hand point to your target (your partner). Start with the ball in one hand level with the non-throwing hand, swing the ball behind the body, take a step and throw the ball. You must not throw from the side but under arm. Practice the throw at least 10 times.

Repeat the exercise but change hands.

Repeat the exercise but increase the distance of the throw, i.e. stand a little further away from your partner.

2. Overarm throw

Repeat the above, this time stand in the warrior position. i.e. one foot ahead of the other, legs wide apart, side on towards your target, which is your partner. The throwing hand starts behind the ear and the throw is overarm. Take a step forward and throw the ball over your head.

See video.

Repeat, changing hands

Repeat, increasing the distance of the throw

3. Catching

Repeat the exercises above but this time focus on catching the ball. For this exercise under “Home based” conditions, the participant must involve a parent, or sibling to toss the ball to them. The objective must be to catch the ball successfully. If you cannot find a partner, practice throwing and catching against a wall.

For demonstration [click here](#)

COOL DOWN

TIME : 5 MINUTES

Participants walk slowly from one chair to the next, tossing balls gently from one hand to the next, if they are in pairs, or small groups, they should toss balls gently to each other while observing social distancing and good hygiene practice as required at the time.

CLOSING REFLECTIONS

ON YOUR OWN

Start a Move4Life diary and keep track of all your sessions. Record all the physical skills you are developing and all the life skills. Write down what you did and how you felt about the different activities in the session. How did you feel before the activities? Were you confident that you could complete the tasks successfully or were you not sure? How do you feel now? Would you feel confident about throwing and catching balls in a future session? Do you think you were “Your Best Self” today?



ADAPTATIONS

- Vary size of balls – younger children will find small balls easier to throw and bigger balls easier to catch.
- Vary the distances, at home you decide on the distance that is comfortable for you and will ensure you are successful at the exercises.
- Vary the activities and space to make the activities easier to perform or more challenging.



At the Sports Field

HEALTH & SAFETY

- The facilitator (teacher, coach, activator) should check that the playing area is free of any hazards such as broken glass, wet floors, or holes in the grass.
- The participants must assist to keep all equipment clean.

SAFEGUARDING

Safeguarding refers to actions we take to ensure that all participants safe from harm when involved in sport and physical activity. It means in Move4Life, we must proactively do everything possible to minimise risk and prevent the abuse, harassment or exploitation of children and young people.

Everyone has a role to play in safeguarding the facilitator (teacher, coach, or activator), parents and guardians and participants themselves.

The following are some safeguarding tips for facilitators delivering Move4Life sessions at the sports field:

- Facilitators (teachers, coaches, or activators) should never be alone at the sports field with children or young people. There should always be another adult present and where you are working with a mixed-sex group there should be an adult of both sex present. This is known as the rule of 2.
- Facilitators should have knowledge of and be able to recognise indicators of different forms of harassment, abuse, and exploitation. You should also know where and how to report concerns.
- Children and young people should never share changing accommodation and showers with adults. If there are no suitable changing and shower facilities, they should arrive and depart in their sports attire.
- Facilitators should never abuse or discriminate against children and young people attending Move4Life sessions and should conduct themselves in a manner that makes them a positive role model for all participants.
- Facilitators should make sure that children and young people are never left on their own at the sports field. They should arrive before the participants and ensure that all participants have departed safely before they depart the field.

For further advice on safeguarding children and other vulnerable groups participating in Move4Life sessions at the sports field [click here](#).

Let's spend a quiet moment
contemplating before we begin.

At Sports Field

Let's spend a quiet moment contemplating before we begin.
Reflect on your own or with your fellow players in a
coaching setting.

The Facilitator leads a CONNECTED CONVERSATION with
the participants. Use the following questions as a guide.

How are you feeling today? Happy or sad? Excited?

Confident? Fearful? Why? What am I good at? What are we
good at as a team?

Tell yourself (or the group) that today's activity session will
focus on you being your best self. You are going to build you
self confidence and self-esteem, while catching and
throwing.

Note to facilitator : Guide them to the Key messages
through questions, do not lecture.

Believe in
Yourself

WARM UP

TIME

5 Minutes



EQUIPMENT

5 Balls



SET UP

Participants spaced out randomly with a few balls on the ground.

ACTIVITY

- Run on the spot at a medium speed for about 15 seconds, when the coach shouts “Stretch”, stop, and follow the activity demonstrated by the coach. Each mobility stretch activity is repeated 5 x.
- Arms circles forwards.
- Arms circles backwards.
- Arm swings sideways (Left and Right).
- Cross arms in front of the body and open sideways.
- Side bends with one arm, one arm down.
- Squat standing touch the ground then forward bend with knees straight touch the ground alternating.

MAIN PART

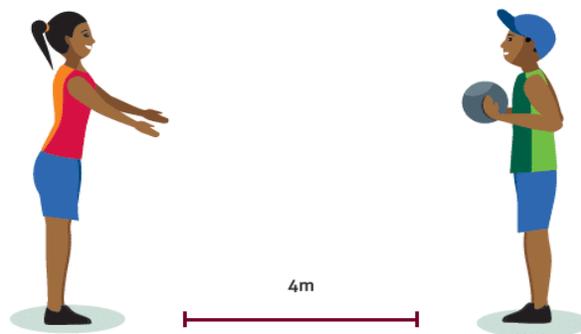
TIME

15 - 20 Minutes



EQUIPMENT

1 Ball per 2 learners. (Large ball, football, volleyball, netball etc.)



SET UP

Each learner finds a partner. Stand 4 meters apart, facing each other.

ACTIVITY

Do the following activities. Applaud and encourage each other.

- Two hands pass to each other, pushing the ball away from your chest.
- Throw and catch while running on the spot... (x10).
- Throw, clap your hands, catch... (x10).
- Throw, clap your hands (x3), catch.
- Throw, turn around your own axis (full turn), catch. Turn Left, next time turn Right.
- Throw, touch the ground with both hands, catch.
- Throw touch the ground with your buttock (sit down for a moment), while your partner bounces the ball Right, Left, Right, Left, then throws back to you.
- Throw, lie down on your stomach, get up quickly, while your partner bounces the ball Right, Left, Right, Left, then throw back to you.

For demonstration [click here](#)

COOL DOWN

Participants walk slowly around the playing area, focusing on their breathing.

CLOSING REFLECTIONS

Arrange participants in discussion groups of 3 or 4. Give a few minutes for the group to discuss each question. Nominate a team captain to report back. Ask one group to report back on each of the questions. Arranging participants in small groups gives everyone a chance to discuss the question. Asking each team to report back on one question means that all groups are represented but also saves time.

How did everyone feel before the activities? Were you all confident that you could complete the tasks successfully or were you not so sure? How do you feel now? Would you feel confident about throwing and catching balls in a future session?

Think about what it is that you are confident about on the sports field, or at home, or in school. Discuss those things that you know you can do well? What skills do you all have that make you feel good about yourself?

Share those things on the sports field, at home and in school that you would each like to be better at? Do you think that practice will help you improve these skills?

ADAPTATIONS

- Vary size of balls – younger children will find small balls easier to throw and bigger balls easier to catch.
- Vary the distances, you decide on the distance that is comfortable for you and will ensure you are successful at the exercises.
- At the Sports Field, the coach must consider the individual needs and abilities of the participants and adapt their teaching and communication style to encourage participation of all participants.
- Vary the activities and space to make the activities easier or more challenging.