

Young Athletes in Schools

Lesson 3: Catch an Object

Equipment needs: beanbags, beach ball, grabby ball, ruff skin ball, hoops

Warm-Up

- “Athletes in the Class” to the melody of “Wheels on the Bus”
- Use simple stretches to get students focused and ready for the activity
- Athletes in the class will touch their toes
- Athletes in the class will jump up and down
- Athletes in the class will balance on one foot

Group Activity

- Practice catching in circle
- Students will form a circle with a facilitator in the middle
- The facilitator will toss the ball (bean bag, beach ball, etc.) to each student in the circle
- Make sure students have eyes on the ball, catch with two hands, and that hands are extended at elbow towards the object
- To challenge students, take a step back after the first turn

Skill Development/Stations

Catch an Object

- Target toss
- Combine hoop to the top of the cone and have students underhand toss a beanbag or ruffskin ball through the attached hoop
- Toss and catch with a partner
- Have each student toss and catch with the object that feels most comfortable for them

Cool Down/Closing

- Song: “If You’re Happy and You Know It”
- What did we do today?
- “Athletes in the class” will wave goodbye...
- Breathing exercises
- Breathe in deeply through the nose and out slowly through the mouth

Suggestions for Classroom Teachers

- If the facilitator asks a question to the class as a whole, toss the different objects (small ruffskin ball, grabby ball, beanbags) to the student that raises their hand to answer. Have students catch the object with two hands to answer the question
- For more Catch an Object activities, refer to page 93–95 of the Special Olympics Young Athletes Activity Guide



We’re setting up today’s lesson at our Early Head Start Classroom

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