



Meet some brilliant athletes...



Ben Stokes plays Cricket for Durham and England. He one of the best all rounders in the world meaning he is brilliant at bowling, batting and fielding.



Jonny Wilkinson is one of the greatest rugby players ever. He is England's record points scorer and his passes set up many tries for his team mates!

Catching Progression

Hands must be together with base of the palms touching with hands opening up and fingers pointing up to resemble a basket-feet shoulder width apart-on balls of feet-knees slightly bent-eyes focused on the ball-hands should be relaxed

Catching into a basket/marker

Catching a beanbag while sitting

Catching two handed

Catching one handed

Catching on the move

Types of throw we will learn...



under arm throw



over arm throw



rugby pass

Rugby Pass

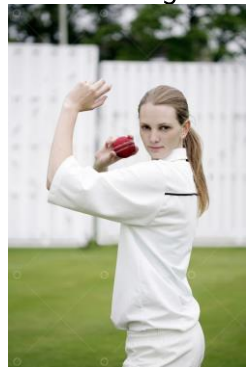
Dominant hand on bottom of ball-other hand holding round middle- feet shoulder width apart-on balls of feet-knees slightly bent-eyes looking at target-hands follow ball after thrown-

Catching the Rugby Ball

Eyes and head facing the ball-half turn towards the ball.

Hands together but not touching. Hands should be 'soft'

What are the key teaching points to throws?



Over arm throw

https://www.youtube.com/watch?v=COsI_YYBxuo

Underarm through

https://www.youtube.com/watch?v=LUMXjRCiX_Q

rugby pass

<https://www.tagrugbycoach.com/blog/short-basic-pass-tag-rugby>

Activities to support Mastery

Throw-clap-catch-see how many claps can be done before catching

Throw-clap-catch when walking/jogging

Catch partners throw stationary then when moving

With partner see how many times they can throw and catch when stationary then when moving.

Aim to throw at a target, see how many times target can be hit

Increase distance from target/decrease aim time-pick up and throw

Throw so partner when moving can catch

Key vocabulary: Glossary

Pass	Send an item to another player	Accuracy	To throw where you want the ball/object to go
Receive	To be passed to	Power	How hard you can throw
Visual communication	Make eye contact with person who is throwing/about to receive the ball	Drop	When you get to a hand to the ball/object but don't catch it
Catching Hands	Have hands ready to receive the ball	Soft hands	Hands are relaxed, not tense.
Body Ready	Make sure the body position is ready to throw/receive	Aim	To look/point at where you want the ball/object to go