1. **Throwing & Catching**
   Manipulative Skills

2. **Throwing & Catching**
   - Throwing & catching are complimentary skills so they should be taught together.
   - Throwing is emphasized first.
   - Throwing is performed to propel an object away from the body.

3. **Basic Throwing Pattern**
   - Three phases of throwing:
     1. **Preparatory**: momentum builds for the throw.
     2. **Propulsive**: the object is released.
     3. **Follow-through**: body maintains control & balance while using up the momentum of the throw.

4. **Throwing Cues**
   - Often the skill is broken into 3 or 4 parts for learners to practice
     1. **Side to target** (prepares the body to use rotational force of the trunk = momentum)
     2. **Step** (opposite foot = forces the trunk to rotate)
     3. **Point & Throw** (point to target & release = provides direction/location of throw)
     4. **Follow-through** (use up momentum from throw & bring back foot square to target)

5. **Catching**
   - Catching is receiving & controlling an object by the body or its parts.
   - In an immature catching pattern, children will try to fend off an object or let it hit their chest to corral the object.
   - Tracking the object is problematic early in their development.

6. **Catching Cues**
   - Catching can be taught using these basic cues:
     1. **Ready position** – this is knees & elbows bent (body ready to move to object)
     2. **Watch it** (emphasis on visual tracking)
     3. **Reach for it** (arms extend to receive the object)
     4. **Catch w/ the hands** – thumbs in for a high throw & thumbs out for a low throw (emphasis on catching w/ hands not the body)