Name/Title: The Launch Board Catch

Purpose of Event: To provide young children with the opportunity to develop catching skills using a launch board.

Suggested Grade Level: PreK-1

Materials Needed: A launch board and a small ball, beanbag, or kooshball for each child.

Description of Idea

A great way to help young children achieve catching success is to use a launch board. When a child steps on one end of the board a beanbag on the other end flies into the air directly in front of the child. This gives the child a better opportunity to catch the object.

Teacher Instructions - "Place your beanbag on the low end of the board. Go to the other end, get your hands ready to catch by holding them out in front of you, then raise your foot and stomp on the end of the board. As the beanbag flies into the air in front of you, clasp your hands around the beanbag and catch it. You may also want to **hug the beanbag to your body**"

As children get better at catching they can be challenged with more difficult tasks. "See how high you can make the beanbag go and still catch it." Or, "See how many times you can clap your hands while the beanbag is in the air and still catch it."

Teaching Suggestions:

- Most children, at first, will have trouble coordinating the acts of picking up the foot and stomping on the board. They may stomp in the wrong place or miss completely. It helps to have them practice this without an object first
- These make a lot of noise so either put felt on the bottom of both ends or tell your classroom teachers to wear earplugs!!

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Submitted by **Steve Sanders** who teaches at Univ. of South Florida in Tampa, FL. Thanks for contributing to PE Central! **Posted on PEC: 11/12/2008**.

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