

The Movement Ninja



Try to	Discovery Questions
Stop and trap rolling balls	How are your hands positioned
Balls rolling at different speeds	
Move towards a rolling ball	What is your first action?
Throw an object into the air and catch it	Where is your body positioned?
Bounce a ball and catch it	
Catch a ball with just your hands	What do your elbows do?
Use a container to catch a ball	
Catch while standing, sitting, kneeling	
Catch a bouncing ball	
Catch while on the move	What are you doing with your feet?
Catch with one hand	
With correct technique	Let's put it all together



Catching

