

# Throw and Catch

Playing catch is not only lots of fun, it teaches hand-eye coordination and tracking skills children need to succeed in school and life! "Throw and Catch" just might be that song your children ask for again and again.

## WHAT THEY LEARN

Fine motor skills, listening, following directions, tracking

## WHAT YOU NEED

- Class set of scarves

## WHAT TO DO

- Begin by taking out one scarf and demonstrating the activity for the class.
- Pass the scarves out to each child and have them spread out around the room or circle area.
- Sing the song with the class and encourage everyone to throw and catch their scarf as the lyrics indicate.

## LYRICS

Throw and Catch,  
Now you turn around.  
Throw and Catch,  
Now you turn around.  
Throw and Catch,  
Now you turn around.  
Throw and Catch,  
Now you sit right down.

