

Catching challenge

Time: 20 minutes

Activity

Individual

Try as many of the following challenges as you can.

- How many times can you clap your hands while the ball is in the air?
- Throw the ball/item between your legs and catch it.
- Bowl the ball overarm into the ground and catch it after it bounces.
- Drop the item from shoulder height and catch it before it hits the ground
- How high can you throw the item into the air and catch it?
- Catch the item one-handed, try to use the other hand.
- How many times can you spin on the spot while the item is in the air?
- Can you touch the ground while the item is in the air?



Equipment

- Any item you can throw, catch and, if possible, bounce.
- Examples – small ball, plush toy, bean bag, soft grocery item, piece of fruit.

Activity variations

Try some of these challenges:

- Each time you make a catch take one step back, see how far back you can go.
- Catch the item one-handed.
- Throw the item with your eyes shut.
- Catch the item behind your back.
- Catch the item in a hat.
- Each time you drop the ball you have to:
 - drop to one knee
 - drop to two knees if you drop it again
 - put one hand behind your back if you drop it again
 - if you drop it again you are out, start again.

