

Move at Home: Throwing and Catching Workout 1

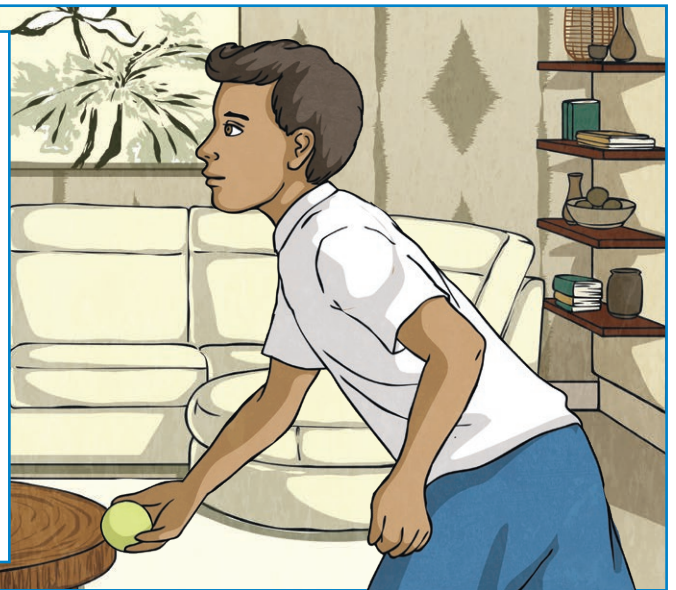


Target Time

- Find an object that you can safely use as a target, such as a pillow or cushion.
- Stand approximately two metres away from the target object.
- Throw the ball underarm to try to hit the target object.
- If you can hit it, take a step back and have a go from this new distance.
- How far away from the target can you throw and still hit it?

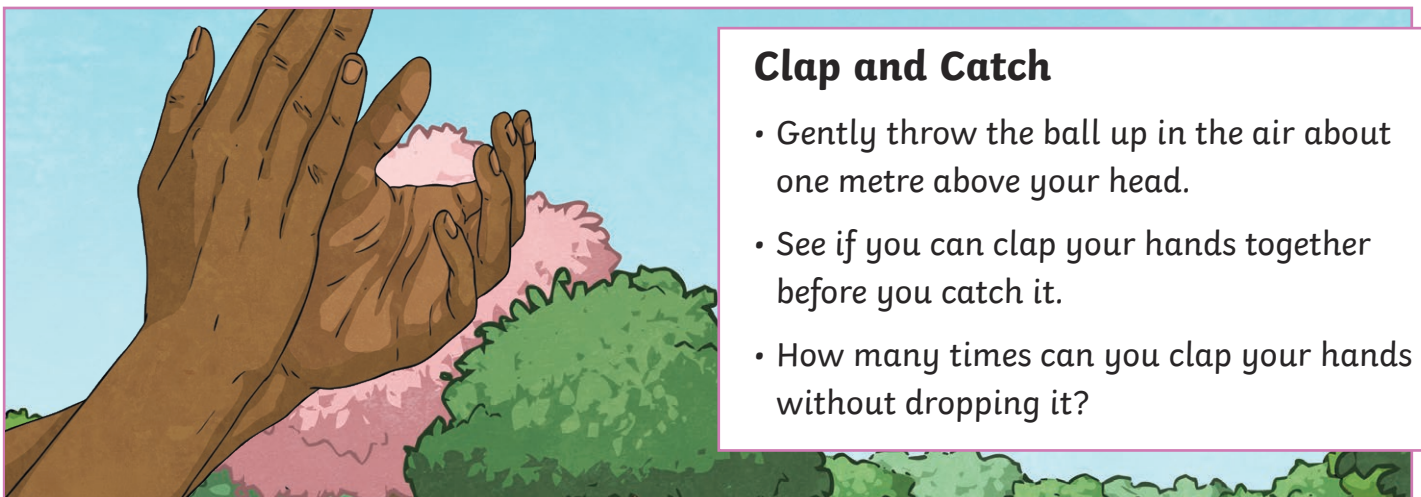
Wall Bounce

- Choose a wall with no windows or decorations.
- Stand in front of this wall, and gently throw the ball underarm at the wall.
- As it bounces back at you, try to catch it.
- How many times can you catch the ball without dropping it?
- Try to beat your score.



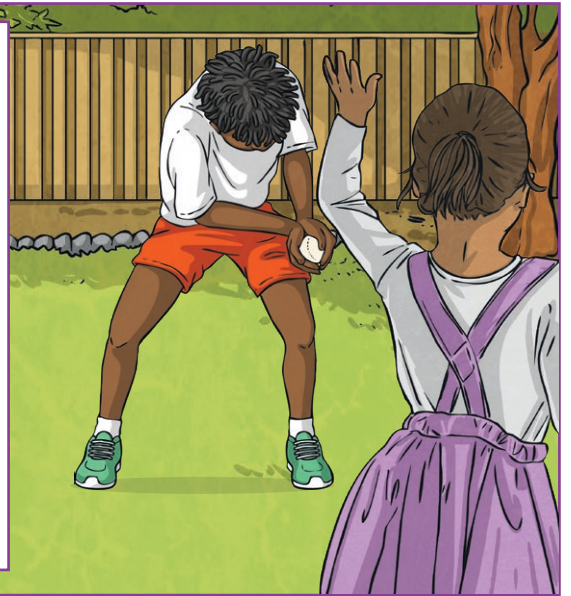
Clap and Catch

- Gently throw the ball up in the air about one metre above your head.
- See if you can clap your hands together before you catch it.
- How many times can you clap your hands without dropping it?



Cross the Line

- You will need a member of your household, such as a parent or sibling, to do this challenge with you.
- Mark a line on the ground using chalk or place a piece of string on the ground. Make sure it won't trip you up! If you have a net, you could even put this up.
- Stand either side of the line or net.
- Throw the ball over the line to one another.
- If your partner doesn't catch it, you score a point!



Hand to Hand

- Start with your hands about 10cm apart.
- Hold the ball in one hand and throw it to the other hand.
- Catch it with the other hand!
- Move your hands further and further apart as you play.
- How far apart can you have your hands and still catch the ball?
- Make sure you throw the ball rather than just passing it from hand to hand.

Up High

- Throw the ball straight up above your head.
- How high can you throw it while still being able to catch it?

