



Game: Tricky Catches

Try this activity at home to challenge your coordination and practice the skill of catching.

You will need:

- 👤 Different items to catch (e.g. a tennis ball, bean bags, frisbee, soft ball, large ball or a rolled up pair of socks).

How to play:

- 👤 Find a space away from others and hold your throwing object.
- 👤 Throw your object into the air and do a trick before catching it.

You could:

- See how many times you can spin in a circle
- See how many times you can clap
- Try to do a burpee
- Do a dance

