

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









Hunter New England Local Health District

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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.