

THROWING & CATCHING ACTIVITIES

Activity 1

Figure of 8

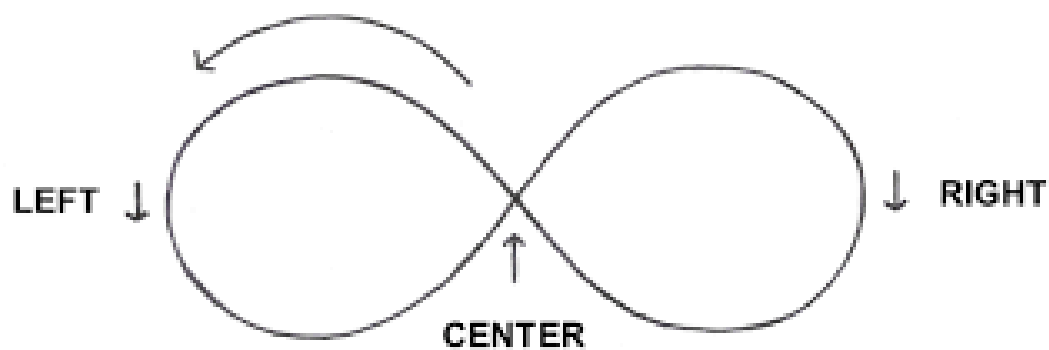
Step 1: Feet apart

Step 2: Ball on the floor in between legs

Step 3: Using fingers and hands, roll the ball around your legs in a figure of eight.

Repeat 20 times

THE FIGURE EIGHT



STAY ACTIVE AT HOME



THROWING & CATCHING ACTIVITIES

Activity 2

Bouncing for Glory

Step 1: Bounce a ball on the floor and catch

Step 2: Then throw it up or against a wall and catch

Repeat this process 20 times.



STAY ACTIVE AT HOME



THROWING & CATCHING ACTIVITIES

Activity 3

Kerby

Step 1: Throw the ball aiming for the kerb

Step 2: If the ball hits the kerb it will bounce back, try and catch it

A point for every time you hit the kerb. An extra point for every time you catch the ball from the kerb.

Repeat this process 20 times.

